

## **Tender Biscuits (Non-diary version)**

Submitted by Michelle Broussard-Hanes

“The less these are handled, the fluffier they will be...”

### **Ingredients:**

2 cups Bisquick  
½ cup All Purpose, Unbleached Flour  
1 tsp Baking soda  
½ tsp Baking powder

½ cup coconut milk  
2/3 cup 7Up carbonated beverage (adds height/fluffiness)

### **Directions:**

Preheat oven to 400 degrees.

Mix all dry ingredients together—ensure they are well blended. Add the liquid ingredients. Mix well (the dough will be moist-looking at this point). Pour onto a floured pastry sheet or a floured piece of parchment paper. DO NOT KNEAD this dough. Ensure the bottom has flour and lightly dust the top with flour as well, as you are gently smoothing the dough so it is at least 1 inch thick. Spray the inside and outside of a glass with non-stick cooking spray and cut out your biscuits using the glass. Place on a baking sheet which has been sprayed with non-stick spray. Bake for 12-14 minutes until the tops are lightly golden and the bottoms are a true golden shade. Biscuits will be at least 2-2.5 inches in height. Allow biscuits to sit for 2 minutes on baking sheet before moving them off. Makes 9 biscuits.

### **Serving suggestions:**

- With nut butter of choice/jam
- Smart Balance Light (Flax) (Non-diary/Vegan/Gluten Free) Spread
- Tomatoes/Cucumbers/Avocados—for lunch sandwich

*“Here we find the reason that fasting is often used as a measuring-stick by the Holy Fathers; he who fasts much is he who loves much, and he who has loved much is forgiven much (Luke 7:47). He who fasts much also receives much.”*  
*Orthodox Gleanings*