

## Buttermilk Biscuits-oven or crock pot or AF (“diet”!)

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*Photo is Air Fryer cooked.*

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|--------|------------------------|-------|------------|---------------|
| ½ cup  | non-dairy milk plus 3T | 1     | Tbs        | baking powder |
| 2 Tbs  | lemon juice            | ¼ cup | applesauce |               |
| 1 Tbs  | vinegar (distilled)    | 1     | Tbs        | splenda       |
|        |                        | 1/2   | tsp        | salt          |
| 2 cups | all-purpose flour      | 1     | Tbs        | sugar         |
| 2 Tbs  | rice flour             |       |            |               |
| ½ tsp  | baking soda            |       |            |               |



### Procedure

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- 1 In a medium bowl, whisk together non-dairy milk lemon juice and vinegar. Let sit in freezer or refrigerator for about 10 minutes so the non-dairy milk curdles (ie buttermilk substitute). Mix flour and dry ingredients in large bowl.
- 2 Mix applesauce into non-dairy milk mixture. Add wet to dry and mix just enough to moisten. (reduced handling =fluffier biscuits).
- 3 Oven Method**
- 4 Spray a 9 x 13” glass pan. Drop or pat the dough into a circle that is 1” high. Place biscuits next to each other (forcing them to rise as they bake vice expand horizontally) and bake for 11 minutes until just done.
- 5 Crock Pot Method:**
- 6 To get campfire like biscuits at home, cut the bottom of a disposable pie tin to fit the bottom of a crock pot. Place in the bottom of the crock pot. Spray bottom and 1” of the sides lightly with oil. Put about 1” of biscuit dough (about 3/4 of this recipe) onto the metal. Cook on high for 2-2 1/2 hours until

### 3 One Healthy Recipe

toothpick comes out clean. Will be crispy on the sides and bottom but soft on top.

- 7 **Air Fryer Method:** 6 minutes 400 degrees
- 8 You can use an oven proof metal pan that fits in your AF or you can cut the bottom from an aluminum pie pan and use it. You MIGHT be able to use aluminum foil. By using metal on the bottom of the AF the bottom of the biscuits will brown nicely. Still works just right on the AF basket, they are just not browned on the bottom.
- 9 Whether using the bottom of a pie pan like I did or another method, spray the surface that will come in contact with the biscuits. Arrange the biscuits in a circle around the AF. Make them slightly flatter than for the oven to ensure they cook in the middle. They puff higher in the air fryer!!!
- 10 Cook at 400 degrees for 6 minutes. Outside will be REALLY crispy and brown and inside of biscuit will be pillow like soft.

Servings: 9 **Oven Temperature: 425°F**

### Nutrition Facts

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Nutrition (per serving): 123 calories, 3 calories from fat, 0mg cholesterol, 370.1mg sodium;<1g fiber, 3.3g sugar, 3.4g protein.

### Recipe Tips

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Tips to have them rise without the fat: 1-soymilk has most fat/causes most rising. Ensure ingredients are chilled before use (applies to all biscuit recipes). In a medium bowl, whisk together non-dairy milk lemon juice and vinegar. Let sit in freezer or refrigerator for about 10 minutes so the non-dairy milk curdles (ie buttermilk substitute).

Maximum fluffiness: For maximum fluffy biscuits the additional 3 T non-dairy milk so that it is more like a batter than a dough and do drop biscuits because will be too sticky to roll. Next tip is to flour hands and pat biscuits into a circle shape. Rolling out adds flour to the biscuits because you add the most flour here and the rolling encourages gluten formation which decreases fluffiness.

Any time using the oven, it is wise to SET the oven to 40 degrees higher than you need, then when you insert your baked goods turn it DOWN to the desired temperature. This is most beneficial for the steam release process of baking AND helps compensate for the 30-50 degrees lost when the oven door is opened to insert product.