

## Trim Healthy Biscuit & Scone Mix Instructions

Biscuits and eggs... biscuits and gravy... biscuits with well... just about anything! Now you can enjoy biscuits (and scones) while being kind to your health and waistline at the same time. Trim Healthy Biscuit & Scone Mix makes biscuit eating easy and delicious.

[Watch the video instructions here!](#)

Multiple Servings

Approximately 8-12 Biscuits

### INGREDIENTS:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ½ to 1 cup milk of choice (almond, cashew, oat milk, kefir, or buttermilk\*)  
Start with ½ cup and add more as needed.
- 6 Tbs. unsalted butter, diced and chilled/ frozen for best results. For dairy-free, use 6 Tbs. coconut oil and a pinch of salt.\*\*
- 2 eggs, whisked



### DIRECTIONS:

1. Preheat oven to 425°F - 450°F.
2. Set aside a small amount (¼ to ⅓ cup) of mix for rolling and dusting.
3. In a medium bowl, cut the cold firm butter (or coconut oil and pinch of salt if making DF) into the biscuit/scone mix with a pastry cutter or fork until it looks like the size of small peas. You can also use a food processor if you prefer
4. Add in the milk of choice and the whisked egg and stir until a soft dough forms. Do not over mix.
5. Roll and cut into 8-12 biscuits or drop by rounded ¼ cup flattened dough balls onto baking sheet or stone. The dough can be sticky and if rolling out, using parchment paper may be necessary.
6. Bake at 425°F - 450°F for 14-18 minutes until golden brown.

**\*NOTE:** You can get the tangy taste of buttermilk or kefir by adding 1 tablespoon of white vinegar or lemon juice to one of the other milk options listed and let stand 5-10 minutes in the fridge. Another option is to use 3 or 4 tablespoons of unsweetened Greek yogurt and water.

**\*\*Please note:** there is a tiny bit of whey protein in the mix. It does not contain lactose and many with dairy sensitivities can tolerate it fine. Please use your own best judgment.