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## ***Drop Biscuits or Shortcakes***

Makes 10 – 12 biscuits or 6 shortcakes

### ***Ingredients:***

2 cups Namaste Perfect Flour Blend  
2/3 cup milk substitute (rice milk, almond milk, or coconut milk)  
1 egg  
3 teas baking powder  
½ teas sea salt (to taste, optional)  
2 teas sugar  
½ cup Spectrum shortening (palm oil)

### ***Procedure:***

1. Preheat oven to 450 degrees F.
2. Combine egg and milk and set aside.
3. Combine dry ingredients. Cut in shortening with two pastry knives or pastry cutter until shortening is the size of small peas.
4. Add wet ingredients all at once and toss gently with a fork until mixture barely stays together. (Over beating mixture will make for tough biscuits).
5. Drop batter onto ungreased baking sheet. Bake for 10-12 minutes until golden brown.
6. For Shortcakes: increase sugar to 1/3 cup and press or roll out dough to ¾ inch thick.