



Yeast Biscuits

These biscuits are LARGE, with a texture that's a cross between a buttermilk biscuit and a fluffy roll

I have spent 6 years, off and on, trying to make a 'perfect' biscuit that was FULL SIZED, moist, yet fluffy and didn't taste like sadness. Yeast-based, traditional, didn't matter. The major hurdle to full sized, awesome biscuits that were LOW IN POINTS was always the points for flour. Since discovering "King Arthur's '00' Pizza Flour", that hurdle has been eliminated.

Serving Info:

Yield: 13 biscuits
 Servings: 13
 Serving Size: 1 biscuit



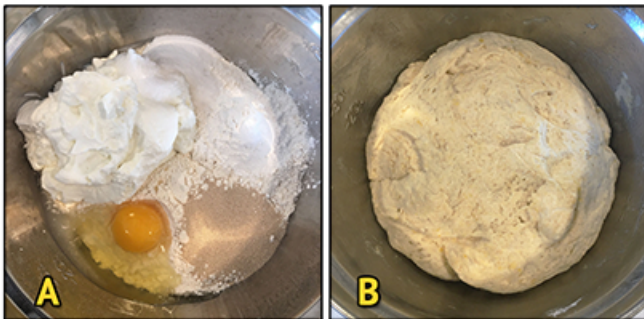
- last checked 01/02/24 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

R D
2-3
 Points shown are with
 King Arthur '00' flour.
 Using All Purpose Flour,
 the first biscuit is 4 points
 for Both the 'regular' AND
 'diabetic' plans.

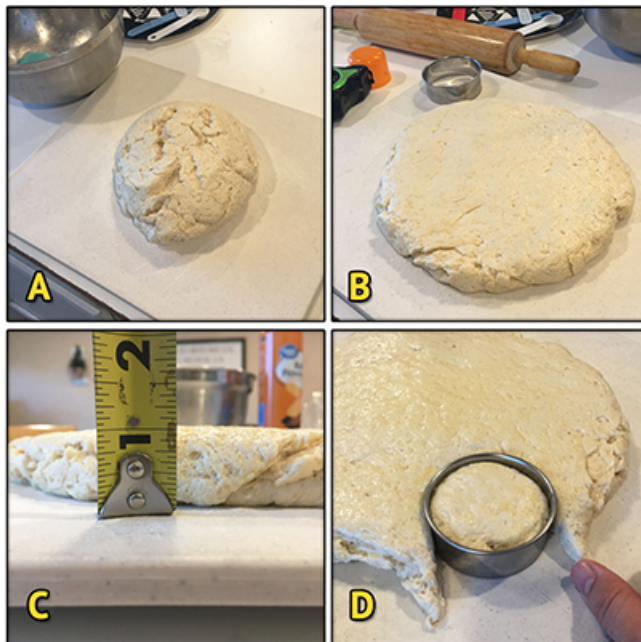
Ingredients:

- 3-1/2 cups King Arthur Neapolitan-Style '00' Pizza Flour
- 2 cups plain fat free Greek yogurt
- 1 large egg
- 3-1/2 Tbsp Baking powder
- 1 tsp salt
- 1 Tbsp Instant/Rapid Yeast (1-1/2 small packets-worth)
- 2 to 4 Tbsp warm water (see notes)***
- 2 tsp vinegar (I used cheap ol' distilled white vinegar)
- 1 tsp butter flavor extract (such as McCormick's brand)
- 8 second spray of butter flavored no stick cooking spray
- (not for the dough) 1 additional egg, beaten, for an egg wash.

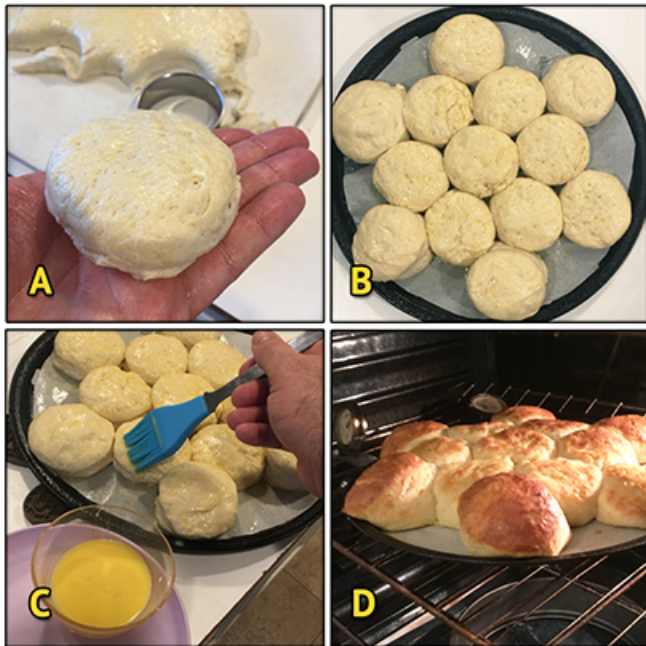
Directions:



1. **(A)** Combine the first 10 ingredients in a mixing bowl
(B) Mix and fold together till formed into a ball. Cover the bowl with plastic wrap and let it rest for 1 hour.



2. **(A)** Dust a cutting board with 1-1/2 tsp of flour, which is 0 points, baby!! **(B)** Press down with your palms, or use a rolling pin to gently spread the dough out **(C)** to a 1 inch thickness. And yes... I actually do have an old tape measure in my kitchen. I'm weird. **(D)** Spray the top of the dough with cooking spray, then spray the inside of a 2-3/4 inch round biscuit cutter with some of the spray as well. Place the biscuit cutter near the edge of the dough, then firmly press straight down, cutting through the dough. Use your fingers or a knife to pull the edge-dough away from the biscuit cutter, so you can easily remove the cutter.



3. **(A)** Remove cut dough from the biscuit cutter, then repeat the process. Spraying the inside of the biscuit cutter with cooking spray, then pressing down to cut out each biscuit. Take the leftover scraps and knead them to form more dough for another biscuit. **(B)** Place them all on a pan, lined with parchment paper. Arrange so there is 1/4 inch of space between all the biscuits. Spray the tops with cooking spray and walk away. Let rest for 1 hour. They'll puff up, like in the picture. **(C)** Beat an egg in a cup, then brush (or blot with a paper towel) the tops of the biscuits with some of the egg wash. THEN, turn on your oven to 425 degrees. Let the biscuits keep rising as you wait for the oven to get to temperature. **(D)** Once the oven IS at 425 (use a thermometer), place the pan into the oven. Bake at 425 for 16-18 minutes, or till the tops are golden.

Notes:

- **FLOUR!:** As mentioned, the key to these large, full sized biscuits being so low in points, is using the "King Arthur's '00' Pizza Flour". The 'KA' flour is 28 points for 3.5 cups, while All Purpose Flour is 45 points for 3.5 cups! I highly, highly recommend ordering the KA '00' Flour... it's worth it for the drastically reduced points, for special occasion dishes. But, if you DO use all purpose flour, these are still relatively low in points. Using "AP" flour will make the first biscuit 4 points for both the 'regular' and 'diabetic' plan.
- **INSTANT/RAPID YEAST:** You can find it in the baking aisle, located near the baking powder/soda Remember, buy the "instant" or "rapid rise" yeast, NOT the "active dry" yeast.
- **BUTTER FLAVOR EXTRACT:** Technically, this is optional, but I highly recommend it, to give your biscuits a rich, buttery flavor. I find it in the baking aisle, right next to the vanilla extracts. I typically find the "McCormick's" brand at stores.
- **HOW MUCH WATER TO USE???:** This will be completely dependent upon the brand of Greek yogurt you use. Most generic store brands are much thinner and more liquidy than the thicker brands like FAGE and CHOBANI. For my batch, I used FAGE, and needed 1/4 cup of warm water. HOWEVER... if you use a more watery/thinner brand, you'll need to dial back the amount of water you add, otherwise the dough will be too soft, and the biscuits will 'spread out' rather than 'rise up' when baked. I recommend STARTING with just 2 Tbsp of warm water, then start mixing your dough together. If it's still dry, add another 1 Tbsp and mix. Still dry? Add another 1 Tbsp and mix. You want the dough to JUST come together.
- **SIZE:** My finished biscuits were 3-1/4 inches wide and varied between 1-3/4 to 2 inches tall. Not bad for 2 points.
- **BISCUIT CUTTERS:** I used a 2-3/4 inch round cutter for my biscuits. I purchased a set of biscuit cutters off of Amazon to make these. However, if you don't want to buy the round cutters, simply roll out the dough, then cut it into squares with a sharp knife.
- **VIDEO!:** Scan the QR code below to open a recipe recipe video, where I show you how to make these babies.

