

Cheddar Garlic Biscuits

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Serves 8, 2 FSP each

- 1 cup self rising flour **
- 1/2 tsp baking powder
- 3/4 cup fat free Greek yogurt
- 1 tsp garlic powder
- 1 tsp dried parsley flakes
- 1/2 cup fat free cheddar cheese
- 1 Tbsp light butter, melted

1. Preheat oven to 400 degrees.
2. In a medium mixing bowl, stir together flour, baking powder, yogurt, garlic powder, parsley, cheddar cheese.
3. When well combined, knead for about 1 minute
4. Drop by equal spoonfulls on a baking sheet lined with parchment paper or a slipat mat, making 8 biscuits. Smooth the tops.
5. Bake for about 12 minutes until golden brown. Ovens vary...
6. Brush tops with melted butter.