



Homemade Herbed Biscuits

Craving some kidney-friendly biscuits? We've got the recipe. Herbs, flour and some milk are all you need for these moist and savory biscuits—full of fresh-out-of-the-oven goodness.

Serves 12 (1 serving = 1 biscuit)



Ingredients

- 1¾ cups all-purpose flour
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- ¼ cup mayonnaise
- ⅔ cup skim milk
- 3 tablespoons chives or any other herb, fresh or dry to taste
- nonstick cooking spray

Nutrition Per Serving

Calories	109 cal	Carbohydrates	15 g
Total Fat	4 g	Protein	3 g
Saturated Fat	1 g	Phosphorus	34 mg
Trans Fat	0 g	Potassium	85 mg
Cholesterol	2 mg	Dietary Fiber	1 g
Sodium	88 mg	Calcium	21 mg

Directions

1. Preheat oven to 400° F. Next, spray cookie sheet with nonstick cooking spray.
2. In a large bowl, mix flour, cream of tartar and baking soda. Then mix in mayonnaise with a fork until the mixture resembles coarse cornmeal.
3. In a small bowl, combine milk and herbs, and add to the flour mixture. Stir until combined.
4. Place heaping tablespoons on the cookie sheet. Bake for 10 minutes.
5. Refrigerate until ready to use.

Recipe provided by Fresenius Kidney Care.

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