



Cheesy Cheddar Drop Biscuits

Looking for new grain options? Try these savory drop biscuits. They are great for breakfast, but you can also serve them at lunch, supper, or snack time.

Ages: 3–18 years
Makes: 6 servings

Prep time: 15 minutes
Cook time: 15 minutes

the INGREDIENTS

Nonstick cooking spray

½ cup flour, all purpose, enriched

½ cup pastry flour, whole-wheat

1 tsp baking powder

1 Tbsp sugar, granulated

⅛ tsp salt, table

2 tsp margarine, *trans* fat-free, chilled

½ cup Greek yogurt, non-fat, plain

¼ cup + 2 Tbsp cheese, cheddar, reduced-fat, shredded

¼ cup milk, fat-free (skim)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Line baking sheet with parchment paper and spray with nonstick cooking spray.
4. In a small bowl, combine all-purpose flour, pastry flour, baking powder, sugar, and salt. Mix.
5. Using a fork or pastry cutter, mash margarine into dry ingredients. Add yogurt and mash into dry ingredients until the flour turns into fine crumbs.
6. Using the fork or pastry cutter, lightly mash cheese into the dough. Add milk. Stir until ingredients are well-blended. Dough will be very sticky.
7. Using a ¼ cup measuring cup, drop dough onto baking sheet. Lightly spray the top of biscuits with nonstick cooking spray.
8. Bake biscuits for 13–15 minutes or until golden brown.
9. Remove from the oven and cool on a rack.
10. Serve 1 biscuit.

the

NUTRITION INFORMATION

1 Cheesy Cheddar Drop Biscuit

Nutrients	Amount
Calories	129
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	181 mg
Total Carbohydrate	20 g
Dietary Fiber	2 g
Total Sugars	4 g
Includes Added Sugars	N/A
Protein	6 g
Vitamin D	N/A
Calcium	97 mg
Iron	1 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


the

CACFP CREDITING INFORMATION

¼ oz eq meat alternate
 1 oz eq grains 

the

CHEF TIPS

- **Contains milk (yogurt, cheddar cheese, and margarine) and wheat (flour).** Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The cheese in the biscuit may not be easy for kids to recognize (visible) as a meat alternate component of a meal. Serving this biscuit in combination with another meat/meat alternate, such as lower sodium ham or an egg, may help kids learn about meats/meat alternates as part of a balanced meal.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.