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

INGREDIENTS

Nonstick cooking spray

½ cup flour, all purpose, enriched
½ cup pastry flour, whole-wheat
1 tsp baking powder
1 Tbsp sugar, granulated
½ 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)

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.
### NUTRITION INFORMATION

1 Cheesy Cheddar Drop Biscuit

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>129</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>6 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>181 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>6 g</td>
</tr>
</tbody>
</table>

- 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**

---

### CACFP CREDITING INFORMATION

- ¼ oz eq meat alternate
- 1 oz eq grains

---

### 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.