

# Healthy Baking Ideas

## Delicious Biscuits Made With Less Fat

(NAPSA)—There's good news for bakers who want to be good to their hearts—switch to canola oil.

Canola oil can replace butter or shortening in baked goods to lower the saturated fat and trans fat content of your recipes. And, you can use less total fat in many recipes. For example, use only  $\frac{3}{4}$  cup of canola oil for one cup of solid fat. For a baking substitution guide and recipes, visit [www.canolainfo.org](http://www.canolainfo.org).



### Herb Baking Powder Biscuits

- 2 cups all-purpose flour**
- 1 Tbsp. baking powder**
- 1 tsp. salt**
- 1 Tbsp. Italian herb blend**
- $\frac{1}{2}$  cup canola oil**
- $\frac{2}{3}$  cup low-fat milk**

Heat oven to 425°F. Sift dry ingredients into medium bowl. Make a well in flour mixture, add canola oil and milk. Mix with a fork until mixture forms one mass. Place dough on floured surface and knead lightly 10 times. Roll or pat out dough to  $\frac{1}{2}$ -inch thickness. Using a round 2-3" cookie cutter, cut dough. Place biscuits on an ungreased baking sheet. Bake for 10-12 minutes. Serve warm. Yield: 12 biscuits.