

POPULAR

Tea Biscuits

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	20	\$0.08	97 kcal



If you want to add more Southern recipes to your recipe box, Tea Biscuits might be a recipe you should try. One portion of this dish contains around 2g of protein, 6g of fat, and a total of 97 calories. This recipe serves 20.

Ingredients

- ☐ 4 teaspoons baking powder
- ☐ 2 cups all-purpose flour
- ☐ ¾ cup milk
- ☐ 1 teaspoon salt
- ☐ ½ cup shortening

EQUIPMENT Baking sheet, Oven

Method

- 1 Preheat oven to 400 degrees F (205 degrees C). Grease a baking sheet.

- 2 Combine flour, baking powder, and salt.
- 3 Cut shortening in until mixture has a fine crumb texture. Stir in milk with a fork to make a soft dough. Knead 8 to 10 times, and then roll out to a thickness of at least 1/2 inch.
- 4 Cut into rounds with a cookie or biscuit cutter.
- 5 Place on cookie sheet, and allow to rest for a few minutes.
- 6 Bake for 12 to 15 minutes.
- 7 Serve warm.

Nutrition per serving

97	2 g	6 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.5 g · 9% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			0.5 g · 1% of daily needs
Sodium			205 mg · 9% of daily needs
Cholesterol			1.1 mg · 0% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/tea-biscuits-147718