



## Sour Dough Cheesy Biscuits

Serves: 10

One serving provides 9 gm Carbohydrate; 9 gm protein, and 4 gm fat and 108 calories

### Ingredients:

3/4 cup	whey powder unflavored
1/4 cup	Parmesan cheese
3 tablespoons	butter
1/4 teaspoon	salt
1 teaspoon	baking powder
1 cup	sourdough starter added right before cooking

### Directions:

Create a dry mix by cutting the butter into dry ingredients. Store in pint jar in refrigerator. Just before cooking, combine 1 1/2 tablespoons dry mix with 1 1/2 tablespoons sour dough starter. Cook on mini-waffle iron or in oven at 400 F for 10 minutes.

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