

Lickety-Split Biscuit-y Sticks

These snacks are pretty easy to make. You can eat them with carrot and celery sticks for a healthy treat. See if you can think of other ingredients to add, in place of the ham and cheese. (And see if you can say the name of the recipe five times, fast!)



Ingredients:

- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup shortening
- 2/3 cups shredded cheese
- 1/2 cup fully cooked ham, finely chopped
- 3/4 to 1 cup milk

Instructions:

1. Preheat the oven to 450 degrees. Mix together in a bowl the flour, baking powder, and salt.
2. Mix in the shortening with a fork or an electric hand held mixer until the mixture is crumbly. Then mix in the ham and cheese.

3. Pour in just enough milk so that the mixture is soft and doughy.
4. Lightly flour a clean surface (you can use a cutting board) and put the dough on the surface. Gently knead the dough for about a minute.
5. Put the dough on an ungreased baking sheet and flatten the dough into about an 8 inch square. Cut the dough into about 25-30 sticks.
6. Bake in the oven for 15-18 minutes. The sticks are ready when they are golden brown. Makes about 25-30 sticks.

