



31  
SERVINGS



SHELF LIFE UP TO  
10 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD

## Buttermilk (no leavening) Biscuit Mix

Nutrition Facts	
Serving Size: 1/3 Cup (42g dry) Servings Per Container: 31	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
<b>Saturated Fat 1.5g</b>	<b>8%</b>
<b>Trans Fat 2g</b>	
<b>Cholesterol 0mg</b>	<b>1%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 2g</b>	
<b>Protein 5g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 4%</b>	<b>Iron 4%</b>
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

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### DIRECTIONS:

Milk or water 2/3 cup  
Biscuit mix 2 cups  
Baking Powder 1 Tbsp. plus 1 tsp.

Yield: 10 to 12 Biscuits

1. Place total amount of liquid and baking mix into a mixing bowl.
2. Stir with wooden spoon 1-2 mins. (30 to 50 strokes).
3. Turn dough out onto floured board and knead for 15 seconds (12-18 turns).
4. Roll out, fold in half once, turn one quarter turn and roll to 1/2 inch thick or desired thickness.
5. Cut with biscuit cutter. Place on ungreased baking sheet.
6. Bake at 375° F. 8 to 10 mins. or until golden brown.

**INGREDIENTS:** Unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), pastry unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), all purpose shortening (partially hydrogenated soybean oil), buttermilk powder, sugar, soy flour, silicon dioxide, salt, lecithin powder (liquid lecithin, defatted soy flour, dolomite).

**Contains allergens:** Soy, milk, and wheat.