



CAPTAIN COOK'S CHEDDAR DILL BISCUITS

These are yummy little biscuits. It's great to be able to introduce fresh herbs to your kids. Have them pull the dill apart with their fingers instead of cutting it. It smells wonderful.

- 1 C organic flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon sea salt
- 2 $\frac{1}{2}$ Tablespoons organic butter, chilled and diced
- $\frac{1}{2}$ C organic cheese, shredded
- $\frac{1}{3}$ C plain organic yogurt
- $\frac{1}{4}$ C organic milk
- 1 T fresh dill

1. Preheat oven to 400
2. Combine flour, baking powder, sugar, baking soda and salt
3. Add butter and blend with pastry blender until resembles coarse meal.
4. Add cheese and dill and mix
5. In separate bowl, whisk together yogurt and milk and then add to flour mixture.
6. Mix until dough forms.
7. Spoon small mounds of dough onto baking sheet and bake for 10-15 minutes.
8. Yields 6-8

Tip: Make sure the butter is cold when you add to mixture. When it starts to melt it will become sticky and difficult to work with. The trick is for it to remain cold so there are bits of butter in the batter which will create a flaky biscuit when baked.