



♥ SIMPLE LIFE MEALS

## Homemade Flaky Butter Biscuits

Baked in a Cast Iron Skillet

### Yield

12-14 Biscuits

### Ingredients

- 4 cups all-purpose flour, sifted
- 2 tablespoons aluminum-free baking powder
- 2 tablespoons Stevia
- 1 teaspoon fine sea salt
- 1 cup frozen butter, shredded
- Cold milk, as needed to form dough
- Honey butter for brushing tops

### Instructions

1. Preheat oven to 425°F.
2. Butter a cast iron skillet and place it in the oven while preheating.
3. Combine flour, baking powder, Stevia, and salt in a large bowl.
4. Shred frozen butter using a cheese grater and gently mix into flour.
5. Add cold milk gradually until a soft dough forms.
6. Turn dough onto a lightly floured surface.
7. Pat dough into a rectangle and fold.
8. Rotate and repeat folding approximately 12 times.
9. Pat dough to about 1-inch thickness.
10. Cut biscuits using a chilled 2-inch biscuit cutter.
11. Place biscuits into the hot buttered skillet.
12. Brush tops with honey butter.
13. Bake 12-15 minutes and continue baking up to 20 minutes if needed until golden brown.

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### Storage Tips

Countertop:  
Store in an airtight container for up to 3 days.

Freezer:  
Freeze up to 3 months.

Reheating:  
Warm in oven, air fryer, or toaster oven for best texture.

### Estimated Nutrition

Per Biscuit (Based on 14 Biscuits)

Calories: 220

Carbohydrates: 24g

Protein: 4g

Fat: 12g

Fiber: 1g

Sugar: 1g

Sodium: 250mg

### Life Meals Tips

- ✓ Use frozen butter.
- ✓ Place biscuit cutter in freezer before cutting.
- ✓ Keep ingredients cold.
- ✓ Fold dough 12 times for flaky layers.
- ✓ Bake in a hot buttered cast iron skillet.

These simple steps create tall, buttery biscuits with beautiful flaky layers.