

## **Cheddar & Onion Biscuits**

1 ½ cups white rice flour  
1 ½ cups tapioca flour  
1 ½ tsp. xanthum gum (guar gum works fine)  
1 tsp baking powder  
½ tsp baking soda  
½ cup sugar  
1 tsp salt  
½ tsp yeast (quick rise works fine)  
1/3 cup margarine  
½ cup shredded cheddar cheese  
3 tbsp finely chopped onion  
1 egg  
¾ cup warm milk (dairy or non-dairy)

In a large mixing bowl, combine the dry ingredients, including the yeast. Cut the margarine into the dry ingredients and blend with a fork until the mixture is crumbly. Add the cheese & onion mix.

In a separate bowl, beat the warm milk & egg. Add to the cheese & onion mixture. Form the dough into mounds about ½ " thick and place on a lightly greased cookie sheet. Bake 15-17 minutes at 350 degrees. Remove from pan and cool on a rack. (Makes 8 biscuits or drop by large tablespoons onto the cookie sheet & flatten slightly with a fork to get about 22 smaller biscuits.

*From Dr. Corrie Ann Materie's book "No Wheat....No Problem"*