Ham Biscuits

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Ingredients

2 c Whole wheat pastry flour, or unbleached white flour
4 tsp Baking soda
1/2 c Cooked ham, diced fine
4 tbls Butter
3/4 c Milk, apple juice, or water

Directions

Stir flour, baking soda and ham together. Cut in butter until crumbly. Add milk and quickly moisten. Roll out dough on floured board. Cut biscuits in round 2″ shapes. Bake at 350 degrees, 12 to 15 minutes.