

# Whole Wheat Scones

On Sunday mornings our friend Greg gets up and makes scones for his family. He experiments with what he puts in them and has come up with some great combinations. He has a box that he keeps in his cabinet with all the different chips, nuts, and dried fruits he uses for his loving creations. We're grateful he shared his recipe with us – and so are our guests!!

**Yield:** About 16 depending on how large you cut them.

1 1/2	cups	all purpose flour
1 1/2	cups	whole wheat <u>pastry</u> flour
1	tablespoon	baking powder
1/2	teaspoon	baking soda
1/4	teaspoon	salt
1/2	cup	dark brown sugar
8	tablespoons	butter – cold, cut into 1 Tbsp pieces
1	cup	mixture of dried fruit; nuts; and chocolate, white, or carob chips
1	cup	buttermilk

1. Preheat oven to 450 degrees.
2. Mix flours, baking powder, baking soda, salt, and brown sugar with spoon in medium mixing bowl.
3. Using a pastry cutter, cut in butter until small, pea-sized pieces are formed.
4. Stir in chips, nuts, and dried fruit mixture.
5. Stir in buttermilk. Do not over work. Turn onto floured board and knead several times to finish mixing. Dough will appear dry but will come together as you press and knead. Divide into two portions and flatten each portion into a 3/4" thick round disc. Cut each disc into pie pieces making triangles. Place on greased baking sheet.
6. Bake for 12 to 15 minutes until lightly browned and firm.

## cook's note

- ❖ The secret to scones is the same as for biscuits – do not overwork!!!
- ❖ Be creative – you can put any combination of the following into your scones – or come up with your own ideas: golden raisins, currants, cranberries, dried blueberries or cherries, sliced almonds, walnuts, pecans, white chocolate chips, carob chips.....My favorite combination is white chocolate chips, sliced almonds, and dried cherries - Yummmmmm