

Buttermilk Scones

December 2022 Recipe



Makes: 9 servings

Ingredients

1 cup whole-wheat flour
3/4 cup all-purpose flour
1/3 cup sugar
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 cup raisins
4 Tbsp. butter (melted)
2/3 cup buttermilk

Nutritional information for 1 serving

Calories	21
Total fat	6 g
Saturated fat	4 g
Cholesterol	16 mg
Sodium	211 mg
Carbohydrate	39 g
Dietary fiber	2 g
Total sugars	18 g
Added sugars included	7 g
Protein	4 g

Directions

1. Preheat oven to 400 F.
2. Combine the flours, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add raisins and mix lightly.
4. In a small bowl, combine melted butter and buttermilk. Add liquid ingredients to the flour mixture. Mix gently.
5. Spoon dough into nine equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
6. Serve hot or at room temperature. These are best eaten the same day you bake them.