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WHOLE WHEAT RAISIN SCONES

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3 tbsp. sugar, divided
2 eggs, lightly beaten, divided
1 c. all-purpose flour
1 c. whole wheat flour
2 tsp. baking powder
1 1/2 tsp. cinnamon
1 tsp. baking soda
1/2 tsp. nutmeg
1/2 tsp. salt
1/3 c. butter
1/2 c. milk
1/2 c. raisins

Preheat oven to 425 degrees. Grease cookie sheet. Reserve 1 teaspoon sugar and 1 tablespoon beaten eggs. In bowl combine remaining ingredients (dry). With pastry blender cut in butter until mixture resembles crumbs. Stir in remaining eggs, milk and raisins until just combined. On lightly floured surface knead dough 5 times.

Divide in half and pat each into a 5 inch circle. Cut each into 8 wedges; transfer to cookie sheet. Brush reserved egg over wedges; sprinkle with reserved sugar. Bake 17 minutes or until browned. Serve warm. Makes 16 scones, 130 calories each. A high fiber breakfast treat.