



Scones

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
4 cups	whole wheat flour	1 L
4 cups	all-purpose flour	1 L
1/3 cup	baking powder	75 mL
1 cup	sugar	250 mL
2 cups	margarine or butter, cubed	500 mL
2 2/3 cups	milk	650 mL
Optional:		
2 cups	fruit, fresh or frozen	500 mL

Instructions

1. Preheat oven to 425°F (220°C).
2. Mix flours, baking powder, and sugar.
3. Cut margarine/butter into the flour with pastry knife or mixer (with dough hook) until mixture resembles coarse meal. Gently fold in fruit, if using.
4. Add milk and stir with a fork until dough forms a ball.
5. Turn dough onto a lightly floured surface and knead lightly.
6. Pat or roll to desired thickness (i.e. 1/2 - 1 inch)
7. Cut out dough with cookie cutters or a knife.
8. Place scones on parchment-lined baking sheets.
9. Bake for 10 – 15 minutes (less for smaller biscuits).

Nutrition Information

Per Scone (35 g)

Calories	110
Fat	3.5 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	140 mg
Carbohydrates	17 g
	Fibre 1 g
	Sugars 4 g
Protein	2 g
Calcium	100 mg
Iron	01 mg

Food Guide Servings

1 Grain Product