## BRITISH SCONES

## INGREDIENTS:

- 1 ½ cups whole wheat flour, plus more for dusting
- 4 teaspoons baking powder
- 1 teaspoon brown sugar
- 1 ½ tablespoons avocado, extra virgin olive,
- or organic canola oil
- 1 ½ tablespoons unsalted butter
- <sup>2</sup>/<sub>3</sub> cup reduced-fat or whole milk

## DIRECTIONS:

- with flour.
- resembles fine breadcrumbs.
- a soft mass of dough.
- that is roughly 1 inch thick.

**35 MINUTES** SERVES 8

Nutrition Facts 155 calories | 6g fat | 2g saturated fat | 192mg sodium | 22g carbohydrate | 4g fiber | 3g sugar | 5g protein





## Preheat the oven to 425°F. Dust a large baking sheet

Sift the flour and baking powder together into a 2 medium bowl. Stir in the brown sugar and oil. Cut in the butter using a fork until blended and the mixture

3. Stir in the milk. Then, use your hands to bring together

Sprinkle your workspace with flour, place the dough in the middle, and use your hands to flatten it into a circle

**S** Use a round pastry cutter or thinly rimmed glass (roughly 2½ inches in diameter) to cut out 8 circles from the dough (pressing scraps back together and cutting out additional rounds as needed). Place the circles onto the prepared baking tray.

Bake for 15–18 minutes until golden brown. Remove from oven and let cool for 5 minutes on baking sheet. Serve with jam and plain yogurt, if desired.