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These scones are delicious and a snap to make! Plus they go perfectly with a cup of tea and a good book in the afternoon. Making these treats is an excellent way to relax and unwind after a busy day through the kneading of dough, or chopping of walnuts and chocolate bits.

This recipe can easily be doubled to make sure your relaxation continues all week! Mix in whatever you like, it is your decision. Sit down, relax, and enjoy!

Preparation time: 20 minutes

Baking time: 15-20 minutes

Ingredients:

2 cups all-purpose flour

¼ cup white sugar

1 ¼ teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

1 stick unsalted butter, cold, cut into chunks

1 cup mix ins (I've used walnuts, chocolate chips, butterscotch bits, white chocolate chunks, dried cranberries or cherries or a combination)

1 teaspoon pure vanilla extract

2/3 cup buttermilk

Steps:

- Preheat oven to 400 degrees
- Line a baking sheet with foil and spray with baking spray.
- In a large mixing bowl, whisk together flour, sugar, baking powder, baking soda, and salt.
- Use a fork or biscuit cutter to blend the cold butter pieces into the flour mixture, smooth out the butter chunks as much as you can. This process requires patience and relaxation. Just breathe your way through it and relax.
- Stir until dough comes together (Careful not to over mix, batter should be mostly smooth with only a few butter lumps)
- Add your mix ins! Go ahead, add a few more chocolate bits in, no one will notice!
- In a separate smaller bowl, whisk together, buttermilk, vanilla extract, and slowly add to flour mixture.



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- Transfer to a lightly floured surface and knead gently, you may need to put extra flour on your hands as the dough can be sticky! (Get out that stress and tension! Push it out into the dough!) Knead approximately 4-5 times.
- After kneading, turn dough  $\frac{1}{4}$  turn and knead 3 times more. Repeat until you've completed a full circle.
- Pat dough until it's in a medium sized circle, approximately 7 inches in diameter and about 1 inch thick. This depends on how big and thick you like your scones, it really does not matter.
- Using a serrated knife cut into 8 pie shaped wedges and place on baking sheet. Make sure all of your wedges are separated from each other prior to baking. This helps make sure they all bake evenly.
- Brush tops lightly with buttermilk
- Bake until golden brown, approximately 15-20 minutes depending on your oven.