



ITEM

Wild Blueberry Scone

YIELDS:
8 – 10 biscuits

INGREDIENTS

- 2 cups all purpose flour
- 2 teaspoon sugar
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 1/2 cup wild blueberries
- 1/2 cup vegetable shortening (or butter)
- 1 egg, beaten
- 2/3 cup 2% milk

METHOD:

1. Preheat oven to 425°F
2. In a stainless steel bowl, sift the flour, sugar, salt and baking powder together.
3. In another bowl combine the milk and eggs together, mix well, and set aside.
4. Cut the shortening into the flour using a pastry cutter or 2 knives to pea size nuggets.
5. Add the milk and eggs mixture and blend.
6. Knead together for 3 – 5 minutes and flatten out slightly to 1 inch thick.
7. Cut into 2-inch circles and place 1 inch apart on an ungreased baking sheet.
8. Bake in oven for 10 – 12 minutes or until golden brown.

Note: 1/4 dried berries or 1/2 cup fresh raspberries instead of wild blueberries.

For plain scone omit berries