

# *Happy~Healthy~Blessed*

## Blueberry Scones



### **Ingredients:**

- 1/3 cup organic sugar
- zest of two lemons
- 1 cup organic unbleached flour
- 1 cup organic whole wheat pastry flour
- 1 t. baking powder
- ¼ t. baking soda
- ½ t. real salt
- 8 T. unsalted butter, frozen
- ½ C. sour cream
- 1 large egg
- 1 C. fresh blueberries

### **For the Glaze:**

3 T. unsalted butter melted, 1 C. confectioners' sugar, ½ t. pure vanilla extract, 2

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T. freshly squeezed lemon juice

## **Directions:**

- **Adjust oven rack to lower-middle position and preheat oven to 400 degrees. Line a baking sheet with parchment paper.**
- **Combine sugar and lemon zest and mix with your fingertips until the sugar is moistened and fragrant. Add in the flour, baking powder, baking soda, and salt until combined.**
- **Grate butter into flour mixture on the large holes of a grater; use your fingers to work in the butter until the mixture resembles course meal.**
- **In a small bowl, whisk the sour cream and egg until smooth.**
- **Using a fork, stir sour cream mixture into flour mixture until large dough clumps form. Add in the blueberries. Use your hands to press the dough against the bowl into a ball. The dough will be sticky first, but as you press, the dough will come together.**
- **Place on a lightly floured surface and pat into a 7 inch circle about  $\frac{3}{4}$  inch thick. Use a sharp knife to cut into 8 triangles; place on prepared baking sheet about 1 inch apart. Bake until golden, about 15-17 minutes. Cool for 10 minutes and prepare the glaze.**
- **In a medium bowl, prepare the glaze by mixing together the melted butter, pwd. Sugar, vanilla and lemon juice. Whisk until smooth. Drizzle the glaze on top of the scones and allow to harden.**

Scones store well in an airtight container for 2 days.

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