

Apple toffee cornmeal scones

The slight crunch of the cornmeal makes these scones extra special. Sweet bites of toffee and apple are perfect to enjoy for dessert with a dollop of whipped cream.

Yield: 8 servings
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients

- 1 3/4 cups all-purpose flour
- 3/4 cup cornmeal
- 1/4 cup packed brown sugar
- 1 tbsp baking powder
- 1/2 tsp each baking soda and freshly ground nutmeg
- Pinch salt
- 3/4 cup butter, cubed
- 3/4 cup buttermilk
- 1 small red apple, cored and diced
- 1/4 cup toffee bits

Directions

1. In a large bowl, whisk together flour, cornmeal, sugar, baking powder, soda, nutmeg and salt. Using pastry blender or fingertips cut in butter until mixture resembles coarse crumbs. Drizzle in buttermilk until soft ragged dough forms. Stir in apple and toffee.
2. Scrape out dough onto floured surface and knead gently about 5 times to bring dough together. Pat out into a 9 inch circle. Cut into 8 wedges and place on parchment paper lined baking sheet. Bake in 400 °F oven for about 15 minutes or until golden.

GrainFact:

There are three types of corn we can eat: grain corn, sweet corn (corn on the cob), and popcorn.



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