

## Lemon Blueberry Kasha Scones

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Beautiful and tasty, these scones go together quickly in the morning, after soaking the kasha in lemon yogurt and honey overnight. The kasha provides a wonderful slightly crunchy texture.

¾ cup Wolff's Kasha, fine or medium granulation  
6-ounce container 1% milk fat lemon yogurt  
1/3-cup honey

1 large egg  
2 tablespoons butter, melted  
2 teaspoons lemon extract  
1 teaspoon freshly grated lemon zest

1-½ cups flour  
2 teaspoons baking powder  
½ teaspoon baking soda

1 cup fresh blueberries, washed and drained  
1 tablespoon baking sugar

Preheat oven to 400 degrees.

Mix kasha, yogurt and honey in a 4-cup Pyrex measure. Refrigerate overnight. To the kasha mixture, beat in with a fork, the egg, butter, extract and lemon zest. Measure flour, baking powder and soda in a large bowl. Stir the wet kasha/egg mixture into the dry ingredients with a large spoon. When combined, stir several additional times to "knead" the dough. Add blueberries and stir to combine.

With floured hands, remove dough and place on a sprayed cookie sheet. Pat dough into an 8" circle. Cut into 8 wedges, cutting into, but not through the dough. Sprinkle with baking sugar.

Bake at 400 degrees for approximately 18 minutes or until toothpick near the center comes out clean.

Serve warm. Yield: 8 generous wedges