



A Country Path

Tyrone Mills Spelt Tea Biscuits

1 1/3 cup light spelt
2/3 cup whole spelt
4 tsp baking powder
Cut in ¼ cup butter
1 ¼ cup each raisins and cranberries
¾ cup milk – substitute: soya or rice or any other milk

Cooking Directions:

- Preheat oven to 450F
- Soak raisins and cranberries in hot water for 3 - 5 min. Drain water, and soak them again in cold water for 30 min. and drain well.
- Mix together all the ingredients including the raisins and cranberries. If too dry, add 1 to 2 tbsp of your choice of milk.
- Knead slightly 7 to 8 times. Roll down dough to a 1 inch thick and cut it with a round cookie cutter. Place on a cookie sheet and bake for 12 min.

You can also pat it down into a circle and cut it into 8 pieces like a scone.

Note: this recipe can be used with:

1 cup whole wheat flour
1 cup all-purpose flour