

## SCONES

### **INGREDIENTS:**

**2.5 dl wheat flour**  
**1 dl wholegrain flour**  
**1 dl seeds (pumpkin seeds,  
sunflower seeds, flax seeds)**  
**1 tsp salt**  
**2 tsp baking soda**  
**1 dl kesam or cottage cheese**

### **PREPARATIONS:**

1. *Blend all the dry ingredients, then add kesam and water.*
2. *Water until it is a good dough.*
3. *Bake it in the oven 8-12 minutes on 200 C.*

## SCONES

### **INGREDIENSER:**

**2.5 dl hvetemel**  
**1 dl fullkorns hvetemel**  
**1 dl frø (gresskarkjernefrø,  
solsikkefrø, linfrø)**  
**1 ts salt**  
**2 ts bakepulver**  
**1 dl kesam eller hytteost**

### **FRAMGANGSMÅTE:**

1. *Bland alle de tørre ingrediensene.*
2. *Tilsett vann og kesam til det er en god deig, sirka 2 dl.*
3. *Bak de i ovnen i 8-12 minutter på 200 C.*