

What about Bob?

Today, whole grains are gaining in popularity. The new USDA guidelines recommend eating at least three servings of whole grains every day. Whole grains are the seeds of grasses and are good sources of complex carbohydrates, various vitamins and minerals and are naturally low in fat. These whole grains are grains that have not been refined and retain their bran and germ, making them a good source of fiber.

Now you are probably wondering: What does this have to do with Bob? At Grandma's Pantry, we are doing our best to offer to you, our customers, a wonderful selection of whole grain products. We have a variety of natural, organic and gluten-free flours, cereals, and even a cookbook from....

Bob's Red Mill.

Bob's Red Mill is the nation's leader in stone milling and they are dedicated to producing "natural foods in the natural way". They have been milling whole grains for over 25 years. Bob's Red Mill uses old-world stone grinding techniques to mill their all-natural whole grain products. Bob's Red Mill products are certified organic products. To meet the needs of allergen-sensitive consumers, their gluten-free products are tested before and after packaging to ensure that each product is gluten-free. Bob's Red Mill is committed to whole grain nutrition.

“Bob’s Red Mill Baking Book”, by John Ettinger and the Bob’s Red Mill Family, is a cookbook with more than 400 recipes featuring whole and healthy grains. This is a great cookbook which provides home bakers with delicious ways to bake with healthful grains and flours. The book is a valuable resource containing helpful information about baking with different kinds of grains as well as a comprehensive guide of grains from A to Z. Recipes include breads, quick breads, pies, tarts, cobblers, crisps, cookies, cakes and more.

Here is a sample recipe from the “Bob’s Red Mill Baking Book” for White Chocolate Cherry Scones:

1 1/3 cups unbleached white flour

2/3 cup whole wheat pastry flour

1 tablespoon baking soda

1 teaspoon cream of tartar

1/2 teaspoon salt

3 tablespoons sugar

6 tablespoons unsalted butter, chilled and diced

1 egg

1/2 cup buttermilk

5 ounces white chocolate, chilled and diced

1/2 cup dried cherries, coarsely chopped

Milk or melted butter for glazing

Sugar and cinnamon for dusting, optional

Preheat the oven to 425 degrees F. Lightly oil a baking sheet or line it with parchment paper. In a food processor or large bowl, pulse whisk together the flours, baking soda, cream of tartar, salt, and sugar. Cut in the butter until the mixture resembles coarse crumbs.

Beat the egg with the buttermilk, then stir in the chocolate and cherries. Stir the buttermilk mixture into the flour until moistened.

Turn the dough out onto a lightly floured surface and knead 5-6 times. Pat the dough into a ½ inch thick round, brush with milk or butter, and cut into 6 or 8 wedges. Sprinkle with cinnamon and sugar if desired.

Place the scones on the prepared pan and bake for 15 minute or until a tester comes out clean. Cool on a wire rack and serve warm or at room temperature.

This delightful dessert scone is quick and easy to make and you can find the necessary ingredients for this recipe at Grandma's Pantry.

Check out all of our Bob's Red Mill products at www.GrandmasPantryVA.com and gain access to delicious ways to incorporate healthy whole grains into your daily living.

***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (I Cor. 10:31)