

CRANBERRY-ORANGE SCONES

August 12, 2009

Serves: 8 servings, 1 scone per serving

1/2 cup dried cranberries
2 Tbsp fructose
1/2 cup low fat buttermilk, room temperature
3/4 cup fresh orange juice
Grated peel of 1 large orange
2 1/4 cups whole-wheat pastry flour, or unbleached flour
1 tsp. baking soda
1 tsp. cream of tartar
1/2 tsp. salt
2 Tbsp. reduced fat margarine, cold

1. Preheat oven to 375 degrees. Sprinkle cookie sheet with flour. Soak the dried cranberries in boiling water for 5 minutes. Drain and set aside.
2. In a small bowl, mix together fructose and buttermilk. Add orange juice and rind.
3. Sift flour, baking soda, cream of tartar, and salt in a large bowl. Using a fork cut in the margarine until well combined.
4. Stir in the buttermilk mixture and cranberries into flour mixture and mix very gently by hand until combined.
5. Turn out the batter onto the floured cookie sheet and pat into a circle about 3/4 inch thick, 8 inch across. Using a sharp knife, cut the circle into 8 wedges, cutting almost all the way through.
6. Place the pan in the oven and bake for 25 minutes. Cool and cut completely through the wedges to serve.

Nutrition facts per serving

Exchanges: 1/2 starch

Calories: 195, calories from fat 18, **Total fat:** 2g, saturated fat 0g, **Cholesterol:** 1mg, **Sodium:** 275mg, **Total Carbohydrate:** 40g, dietary fiber 1g, sugars 13g, **Protein:** 5g

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



Mary Beth Gurganus, LD/N
Jackson County Health Department
3045 4th Street ~ P O Box 310
Marianna, FL 32446

Phone: 850-526-2412 ext 282
Fax: 850-482-9564
E-mail: WellnessBuddy@doh.state.fl.us
Website: www.jacksonchd.org

Providing guidance and support to make the "healthy choice the easy choice!"

