

## CINNAMON RAISIN SCONES

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Breads/CinnamonScones.aspx>

### **Ingredients**

- 1  $\frac{3}{4}$  cups plus 3 tablespoons flour
- 3 Tbsp sugar
- 1 Tbsp baking powder
- 1 Tsp ground cinnamon
- $\frac{1}{2}$  Tsp salt
- 2 Tbsp butter
- 2 Tbsp applesauce
- $\frac{1}{2}$  cup low fat milk
- 1 egg
- $\frac{1}{3}$  cup raisins

### **Instructions**

1. In a medium-sized mixing bowl, measure 1  $\frac{3}{4}$  cup flour, 3 tablespoons sugar, baking powder, cinnamon and salt. Mix together with a large spoon.
2. Melt butter and place in a medium bowl with the applesauce. Add milk, egg and raisins. Stir until ingredients are blended.
3. Add wet ingredients to flour mixture. Stir until dough forms into a ball.
4. Sprinkle the 3 tablespoons flour on a flour surface. Flour your hands well and move dough from bowl to surface. Knead the dough by using the heel of your hand to push the dough away from you. Then with your hands, pull the dough back toward you, folding over as you pull it. Repeat this for about 1 minute.
5. Place the kneaded dough on an ungreased cookie sheet or pizza pan. Pat the dough into an 8" circle. With a knife or pizza cutter, cut the dough into 8 wedges.
6. Place baking sheet in a preheated 425° oven and bake for 15-20 minutes or until golden brown.

Makes 8 servings (Serving Size: 1 scone - 72 g)

### **Nutritional information per serving (8 servings)**

Calories	197	Dietary Fiber	2 g
Calories from fat	36	Sugars	4 g
Total Fat	4 g	Protein	6 g
Saturated Fat	2 g	Vitamin A	4%
Cholesterol	32 mg	Calcium	4%
Sodium	196 mg	Iron	10%
Total Carbohydrates	35 g		

Percent daily values based on a 2000 calorie diet.



**Wellness Center**