

Apple & Pear Scones

Prep: 15 minutes Bake: About 22 minutes

Makes 8 scones

Ingredients:

2-1/2 cups all purpose flour
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/4 cup plus 1 T granulated sugar
1/4 cup packed brown sugar
1/2 cup cold butter or margarine
1/2 cup diced Golden Delicious apple
1/2 cup diced Bosc pear
2/3 cup buttermilk



Directions:

Preheat oven to 375°F.

In bowl, stir flour, baking powder, baking soda, salt, 1/4 cup granulated sugar, and brown sugar. With pastry blender, cut in butter until coarse crumbs form. Stir in fruit. Stir in buttermilk just until dough holds together. Transfer dough to ungreased cookie sheet. Shape into 9-inch round. With floured knife, cut round into 8 wedges; sprinkle with remaining sugar. Separate wedges, allowing 1/2 inch in between each, on cookie sheet. Bake 22-28 minutes, or until golden brown. Serve warm.

Each scone: about 325 calories, 5 g protein, 48 g carb, 13 g total fat