

ORANGE & CURRANT SCONES

A delicious smokey, sweet treat to top any salad, app, or a yummy snack to get a dose of *healthy* fats!

SERVINGS	SERVING SIZE	TIME TO MAKE
12	1 SCONE	45 MINUTES

INGREDIENTS

- 2 1/2 cups All-Purpose Flour, plus some for dusting
- 2 teaspoons Baking Powder
- 1/2 teaspoon Salt
- 1 stick (1/4 pound) Cold Salted Butter
- 1/2 cup Sugar
- 3/4 Cup dried Currants (you can substitute any dried fruit here)
- 3/4 cup plain Kefir (or Half-and-Half)
- 1 Egg
- 1 Tablespoon Grated Orange Peel (zest of an orange)
- 1 Orange, juiced (you can use the same orange that you used orange peel)

DIRECTIONS

1. Preheat oven to 375 degree F
2. In a large bowl, combine the flour, baking powder, salt.
3. Add the butter and using a pastry blender, cut the butter with the mixture until it resembles a coarse mixture
4. In a small bowl, add the currants (or desired dried fruit, sugar and orange juice), lightly mix and set aside
5. In another small bowl, add the kefir or half-and-half, egg and zest of the orange and lightly mix.
6. Add the dried fruit mixture to the flour and lightly mix. Then add the milk mixture to the bowl and mix until everything is moistened.
7. If wearing rings, remove them. Turn the dough onto a lightly floured surface and knead 8-10 times, until smooth. Adding more flour if necessary.
8. Divide the dough in half. Place the dough onto a large ungreased baking sheet (you can use parchment paper if wanted), press each circle down to about 7-8 inches in diameter.

9. Score each half into 8 wedges (lightly cut the dough about $\frac{1}{4}$ inch into the dough but not all the way through to create an individual wedge).
10. Bake for 25-30 minutes or until lightly browned.
11. Remove from the oven. Cool on the baking sheet for about 10-15 minutes or until warm.
12. Then cut each wedge and enjoy!

Nutritional Information per serving: 232 Calories, 8 grams Fat, 5 gram Saturated Fat, 21 mg Cholesterol, 254 mg Sodium, 37 grams Total Carbohydrates, 1 gram Fiber, 15 grams Sugar, 4 grams Protein, 11% Vitamin A, 4% Vitamin C, 6% Calcium, 8% Iron