

THIS WEEK'S RECIPE

As seen on hdnews.net



Buttermilk Fruit Scones

- 2 ½ cups all purpose flour
- ¼ cup quick oats
- ¼ cup brown sugar
- 1 ½ teaspoons baking powder
- 1 teaspoon cream of tartar
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 5 tablespoons butter or margarine
- ⅔ cups dried fruit (apples, cherries, cranberries etc)
- 1 egg
- ¾ cup buttermilk
- 1 teaspoon vanilla



Combine egg, buttermilk and vanilla. Add to dry ingredients and stir to moisten. Turn onto a floured surface and knead about 6 times.

Divide dough in half. Form each half into 7-inch rounds. Cut each round into 6 pieces. Place on parchment-lined baking sheet. Bake for 15 to 20 minutes at 400 degrees until golden brown.

- Tips-
- Work fat into flour mixture quickly and minimally. Over-mixing will cause a tough product.
 - Place scones in the freezer 30 minutes before baking for a flakier product.

Combine flour, oats, sugar leavening and salt and mix well. Cut margarine into mixture until it resembles coarse crumbs. Add dried fruit.



Location of Ingredients (at Walmart)

ITEM	AISLE
Flour	8
Quick Oats	9
Brown Sugar	8
Baking Powder	8
Cream Of Tarter	8
Baking Soda	8
Salt	8
Butter Or Margarine ...	Dairy
Dried Fruit	8
Egg	Dairy
Buttermilk	Dairy
Vanilla	8

Nutrition Facts

Serving Size (64g)			
Servings Per Container 12			
Amount Per Serving			
Calories 180		Calories from Fat 50	

			% Daily Value*
Total Fat	5g	8%	
Saturated Fat	3g	16%	
Cholesterol	30mg	10%	
Sodium	200mg	8%	
Total Carbohydrate	30g	10%	
Dietary Fiber	1g	4%	
Sugars	10g		
Protein	4g		

Vitamin A 4% • Vitamin C 0%			
Calcium 6% • Iron 8%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



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