



Cherry Scones

Ingredients

- 1 cup whole wheat flour
- 3/4 cup all purpose flour
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup dried cherries, or chopped fresh, canned or frozen and thawed cherries. Drain canned or frozen cherries well.
- 1/4 butter or margarine, melted
- 2/3 cup buttermilk
- 1 teaspoon vanilla

Nutrition Facts

Serving size:	1 scone
Servings per container:	10
Calories.....	170
Fat.....	5g
Saturated fat.....	1g
Cholesterol.....	0mg
Sodium.....	240mg
Carbohydrate.....	28g
Fiber.....	3g
Protein.....	4g
Calcium.....	55mg
Iron.....	1mg
Vitamin C.....	1mg

Recipe provided by:
Food Hero, Oregon
State University
Extension,
foodhero.org

Directions Wash hands and all food preparation surfaces.

1. Preheat oven to 400 degrees F.
2. Combine the whole wheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add the cherries and mix lightly.
4. In a small bowl, combine the melted butter or margarine, buttermilk and vanilla. Add to the dry ingredients and mix gently.
5. Spoon the dough into 10 equal mounds on a greased baking sheet. Bake for 18-20 minutes or until well browned.
6. Serve hot or at room temperature. Store leftovers in an airtight container at room temperature for 2 to 3 days.

Notes

- Try with other dried fruit or fresh blueberries.

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Michigan State University Extension Genesee County
605 N. Saginaw St., Suite 1A
Flint, MI 48502
810-244-8536

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This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP