

## PUMPKIN SPICE SCONES

Spicy scones that are much healthier than what you can get at the coffee shop. Dip in a mug of coffee for a perfect fall breakfast!

 15 minutes 35 minutes 12 portions

### INGREDIENTS

- 2.5 cups of wheat flour, white, all-purpose, enriched, unbleached [313 g]
- 2 tsps of leavening agents, baking powder, low-sodium [10 g]
- 1/2 tsp of salt, table [3 g]
- 1/2 packed cup of sugars, brown [110 g]
- 1 stick of butter, salted [113 g]
- 1/2 cup of pumpkin, canned, without salt [123 g]
- 2 tsps of spices, cinnamon, ground [5 g]
- 1/2 tsp of spices, nutmeg, ground [1 g]
- 1/2 tsp of spices, cloves, ground [1 g]
- 1/2 tsp of spices, allspice, ground [1 g]
- 1/2 cup of milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D [123 g]
- 6 tsps of sugars, granulated [25 g]

### COOKING METHOD

- 1° Combine the flour, baking powder, salt, brown sugar, cinnamon, nutmeg, cloves, and allspice in a medium bowl.
- 2° Add the pumpkin and butter, and combine with forks or a pastry cutter until just barely combined, in large sandy pieces.
- 3° Slowly drizzle in the milk, stirring to combine. Depending on the humidity of your room or the time of the year, you might not need all of the milk. If you feel like you need a little more, add one tablespoon at a time.
- 4° Turn out the dough onto a piece of parchment paper or plastic wrap. Pat into a large rectangle, 10 inches x 12 inches.
- 5° Cut the scones into 6 squares, then each square in half to make 12 triangle. Sprinkle with the sugar.
- 6° Bake for 18 minutes at 400 degrees, or until lightly browned.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (69 g)	% DRI
ENERGY	315 kcal	217 kcal	11 %
FAT	12 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	7 g	5 g	25 %
CHOLESTEROL	31 mg	21 mg	7 %
SODIUM	243 mg	167 mg	7 %
CARBOHYDRATE	48 g	33 g	11 %
SUGARS	17 g	11 g	—
FIBER	2 g	1 g	5 %
PROTEIN	5 g	3 g	—