

Orange-Cranberry Scone

Ingredients:

1 ½ cups raisins	3 ¾ cups nonfat milk
6 tsp vinegar	3 cups barley flour
3 cups whole wheat pastry flour	1 ½ tsp baking soda
7 ½ tsp baking powder	6 Tbsp sugar
3 eggs	

Sauce:

12 oranges	6 tbsp orange zest
1 ½ cinnamon sticks	6 Tbsp barley flour
3 tbsp honey	¾ tbsp. ground cinnamon
3 tsp vanilla extract	3 cups water

Instructions:

Preheat oven to 350 degrees. Soak raisins in hot water until soft. Pour milk into bowl with vinegar and let sit for 10 minutes. Mix all dry ingredients together in medium bowl. Cut in butter into the dry ingredients. Add applesauce, zest and raisins. Add egg and milk/vinegar, stir until all combined. Line sheet pan with parchment paper and pour into 8" circles. Cover pan with foil and bake for 15 minutes. Let cool. Cut into 8 servings, then cut each in half for a total of 16 servings. Sauce: Zest all oranges and set zest aside in a small bowl. Peel oranges. Put 2 whole oranges into a medium sauce pot and juice the other 2 into the pot. Add zest, cinnamon stick, and remaining ingredients. Mix well. Simmer in water for 20 minutes, whisking occasionally. Strain and simmer 10 minutes or until thick.

Servings: 8 Serving Size: 1 scone

Calories: 270 Sodium: 391 mg Fat: 4.35 g Fiber: 9 g