MOIST SPICED APPLE SCONES

Let the aroma of sweet spices and apples fill your kitchen when you make these nutritious coffee-cake style scones. They'll disappear quickly when you take them out of the oven.

NUTRITION INFORMATION PER SERVING:			
1 SCONE		PERCENT U.S. RDA	
Calories	240	Protein	6%
Protein	4 g	Vitamin A	2%
Carbohydrate	45 g	Vitamin C	*
Dietary Fiber	2 g	Thiamine	15%
Fat	4 g	Riboflavin	10%
Polyunsaturated	1 g	Niacin	10%
Saturated	1 g	Calcium	8%
Cholesterol	27 mg	Iron	10%
Sodium	170 mg	*Less than 2% U.S. RDA	
Potassium	160 mg		

DIETARY EXCHANGES: 2 Starch, 1 Fruit, 1/2 Fat

SCONES

2 cups all purpose flour
½ cup firmly packed brown sugar
2 teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon ginger
⅛ teaspoon salt
2 tablespoons margarine or butter
1 cup chopped dried apples
½ cup unsweetened applesauce
¼ cup buttermilk
1 egg

TOPPING

1 teaspoon sugar
⅛ teaspoon cinnamon

Heat oven to 375°F. Spray large cookie sheet with nonstick cooking spray. In medium bowl, combine flour, brown sugar, baking powder, ½ teaspoon cinnamon, nutmeg, ginger and salt; mix well. Using pastry blender or fork, cut in margarine until mixture resembles coarse crumbs. Stir in apples. In small bowl, combine applesauce, buttermilk and egg; mix well. Add to dry ingredients; stir just until dry ingredients are moistened. (Dough will be sticky.)

Place dough on spray-coated cookie sheet. With wet fingers, shape into 8-inch circle, about ¾ inch thick. In small bowl, combine topping ingredients; sprinkle over top of dough. With sharp knife, score top surface into 8 wedges, cutting about ¼ inch deep.

Bake at 375°F. for 18 to 22 minutes or until golden brown and toothpick inserted in center comes out clean. Cut into wedges. Serve warm.

8 scones.

HIGH ALTITUDE – Above 3500 Feet: No change.