Scones

Ingredients:
- 1 1/2 cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 2 tablespoons margarine
- 1/2 cup golden raisins
- 1/2 cup skim milk

Directions:
1. Preheat oven to 425° F.
2. Measure flour, sugar, cream of tartar, and baking soda into a large bowl. Stir to combine ingredients.
3. Using a pastry cutter or two forks, cut margarine into flour mixture until it resembles fine crumbs. Add raisins.
4. Add milk to flour mixture and mix to form a soft, slightly sticky dough.
5. Turn dough onto a floured surface. Push dough together by turning it over and pushing it together a few times, working in enough flour to keep it from sticking to the surface *(Don’t actually knead the dough.)* Pat or roll dough into a circle 1/2 inch thick.
6. Dip a 2 1/2-inch round cutter in flour and then cut dough. *(If the dough sticks to the surface, push it all together again and work a little more flour across the work surface.)*
7. Place scones about 1 inch apart on ungreased baking sheet.
8. Bake 8 to 10 minutes until golden brown.

Yields about 10 servings

Source: **Cooking Up Fun! Muffins & More** - Cornell University Cooperative Extension

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 scone (1.6 ounces)</td>
<td>130 Calories</td>
<td>4%</td>
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<tr>
<td></td>
<td>20 Calories from Fat</td>
<td>4%</td>
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<tr>
<td></td>
<td>2.5g Total Fat</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>0g Saturated Fat</td>
<td>0%</td>
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<tr>
<td></td>
<td>0mg Cholesterol</td>
<td>0%</td>
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<tr>
<td></td>
<td>35mg Sodium</td>
<td>8%</td>
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<tr>
<td></td>
<td>24g Total Carbohydrate</td>
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<tr>
<td></td>
<td>1g Dietary Fiber</td>
<td>%</td>
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<tr>
<td></td>
<td>9g Sugars</td>
<td>%</td>
</tr>
<tr>
<td></td>
<td>3g Protein</td>
<td>%</td>
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Nutrition facts based on standard recipe using tub margarine.**

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