

Buttermilk Scones

This recipe offers substitutions for using less saturated fat. Choosing vegetable oils rather than solid fats may help reduce your risk of heart disease.

Ingredients:

1 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 **raisins**
 2/3 cup **buttermilk**
 1/4 cup **butter**, melted

Directions:

1. Preheat oven to 400 degrees.
2. Combine flour, sugar, baking powder, soda, and salt in a medium bowl. Mix well.
3. Add raisins and mix lightly.
4. In a small bowl, combine melted butter and buttermilk. Add liquid ingredients to flour mixture, mix gently.
5. Spoon dough into 8 equal mounds on a greased baking sheet. Bake until well browned, 18-20 minutes.
6. Serve hot or at room temperature. Best eaten the same day you make them.

Tips:

Substitute vegetable oil for the butter to reduce saturated fat.

| Nutrition Facts | | | |
|--|-----------------------------|----------------|------------|
| Serving Size 1 Scone (64g) | | | |
| Servings Per Container 10 | | | |
| Amount Per Serving | | | |
| Calories 180 | Calories from Fat 40 | | |
| % Daily Value* | | | |
| Total Fat 4.5g | | | 7% |
| Saturated Fat 3g | | | 15% |
| Trans Fat 0g | | | |
| Cholesterol 15mg | | | 5% |
| Sodium 230mg | | | 10% |
| Total Carbohydrate 34g | | | 11% |
| Dietary Fiber 1g | | | 4% |
| Sugars 18g | | | |
| Protein 3g | | | |
| Vitamin A 4% | | Vitamin C 2% | |
| Calcium 4% | | Iron 8% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | Carbohydrate 4 | Protein 4 |

**10 servings,
1 per serving**

Source: 2002. Marjorie Braker, OSU Extension Service, Clackamas County. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>