

Prunes-Orange Yogurt Scones

2 ½ cups all-purpose flour
1/3 cup sugar
1 tablespoon baking powder
½ teaspoon salt
½ teaspoon nutmeg
1 egg
1 cup plain low-fat yogurt
¼ cup vegetable oil
1 teaspoon vanilla
¾ cup chopped Sunsweet Orange Essence Pitted Prunes (or substitute ¾ cup chopped Sunsweet Pitted Prunes and 1 teaspoon grated orange peel)

Heat oven to 400 degrees F. Combine flour, sugar, baking powder, salt and nutmeg; mix well. Combine egg, yogurt, oil and vanilla; blend well. Add to flour mixture, stir until dry ingredients are moistened. Stir in prunes. Shape dough into an 8-inch circle on floured surface. Cut into 12 wedges. Place on cookie sheet. Bake in upper third of oven for 15 minutes or until lightly browned. Serve warm. Makes 12 servings.

Calories 209; protein 4g; fat 5g; carbs 36g; dietary fiber 2g.

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