

Scones à Votre Sante'

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These low fat, low sugar treats are ideal desserts for calorie counters. Not very sweet, they are chewy cake-like morsels excellent when you crave "a little something."

- 2 c. all purpose flour
- 1 c. uncooked oats (instant works fine)
- 2 T. finely chopped lemon rind
- 2 $\frac{1}{2}$ T. sugar (more if a sweeter taste is desired)
- 1 T. baking powder
- 1 t. baking soda
- $\frac{1}{4}$ t. cream of tartar
- 4 T. margarine, chilled and cut into cubes (1/2" thick)
- 2/3 c. skim/low fat buttermilk
- 1 lg. egg white (or 1/8 cup of carton egg whites)
- 1 $\frac{1}{2}$ t. vanilla extract
- $\frac{1}{2}$ c chopped (finely diced) dried apricots

Preheat oven to 425°. In a large bowl, stir together flour, oats, lemon peel, sugar, baking powder, baking soda and cream of tartar. Distribute margarine over the mixture and with a pastry blender, cut in the margarine until the mixture resembles coarse crumbs. In a 2 cup measuring cup, stir together the buttermilk, egg whites and vanilla. Add the liquid mixture to the flour mixture and stir to combine. Stir in the chopped dried apricots.

Use 1 teaspoon of flour on hands to mix the dough - it will be a little sticky. Divide in two equal portions. Pat each portion onto an ungreased baking sheet forming 6-7 inch rounds. Using a separate knife, cut each round into eight wedges. Bake for 13-15 minutes, until top is lightly browned or a tooth pick inserted at the center comes out lean.

Put the baking sheet on a wire rack and allow to cool for 5 minutes; transfer the scones, separated, to a wire rack to cool. Serve warm or allow to cool completely. Store in air-tight container or freeze for later use.

Variations

- Instead of apricots try 6 dry figs, finely chopped; or $\frac{1}{2}$ c. currants & 2 T. caraway seeds; or $\frac{1}{4}$ c golden raisins & $\frac{1}{4}$ c. chopped pecans, or $\frac{1}{2}$ cup dried cranberries &/or $\frac{1}{4}$ c. walnuts.
- Instead of all purpose flour, substitute whole wheat flour or use 1 cup of each. In either case, increase the buttermilk to 1 $\frac{1}{2}$ cups.
- instead of making rounds and cutting into triangles make like drop cookies, large serving spoon about 2-3 Tablespoonful per drop...something like 16-18 scones dropped onto the baking sheet