

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Blueberry Scones

Makes 8

Ingredients:

1 ½ cups whole wheat flour
1 ½ teaspoon baking powder
½ teaspoon salt
2 tablespoons butter, cold and cubed
5 ounces (2/3 cup) plain Greek yogurt
1 egg, beaten
3 tablespoons honey **or** pure maple syrup **or** agave nectar
1 teaspoon vanilla, divided
½ cup fresh blueberries
1 teaspoon lemon zest
2 teaspoons milk

Directions:

1. **Preheat oven to 425 degrees. Grease a baking sheet or line with parchment paper.**
2. **In a medium bowl, whisk together the flour, baking powder and salt. Cut in the butter with a pastry cutter or the back of a fork until the mixture becomes crumbly. Add the Greek yogurt, beaten egg, honey, and vanilla. Stir to combine. Gently fold in the blueberries.**
3. **Using your hands, shape the dough into an 8-inch round circle, about ¾-inch thick. Brush with milk. Using a sharp knife, cut into 8 triangle segments.**
4. **Bake for 18-20 minutes, or until the tops are lightly browned. Cool on pan wire rack. Break into individual servings.**

Recipe Note: Instead of blueberries you can substitute dried fruit (such as cherries, cranberries, or apricot), toasted nuts, coconut, or dark chocolate chips. Try different fruit zest too like lime or orange.

Nutritional Information per serving:

Calories 157
Total Fat 3 g
Saturated Fat 2 g
Unsaturated Fat 1 g
Cholesterol 48 mg
Sodium 247 mg
Total Carbohydrate 24 g
Dietary Fiber 3 g
Protein 5 g