

Melt-In-Your-Mouth Scones

Antioxidant-rich blueberries star in these tempting treats that have the rich, buttery taste and tender texture you crave—without tons of fat

BLUEBERRY-LEMON SCONES

Cutting back on butter and adding applesauce to the batter saves on saturated fat and calories and helps achieve a good balance of taste and texture. Traditional recipes often call for brushing scones with cream, but we prefer this simple yet irresistible fat-free glaze.

SCONES

- 3 c all-purpose flour
- ½ c granulated sugar
- Zest of 1 lemon
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ c cold butter, cut into small cubes

- 1 c buttermilk
- ¼ c unsweetened applesauce
- 1 c fresh or frozen blueberries

GLAZE

- 1½–2 Tbsp fresh lemon juice
- ¼ c confectioners' sugar

MAKE scones: Heat oven to 400°F. Line 2 baking sheets with parchment. Put flour in large bowl. Reserve 1 Tbsp of the flour

in small bowl. Add granulated sugar, lemon zest, baking powder, baking soda, and ½ tsp salt to large bowl with flour. Cut in butter with pastry blender or hands until fine crumbs form.

COMBINE buttermilk and applesauce.

Gradually mix with dry ingredients, stirring gently to form dough. Toss berries with reserved flour in small bowl and gently fold into batter. (Mix well, but do not overwork dough.) Separate into 2 equal portions.

FLOUR a clean surface and your hands. Press dough into two 1"-thick rounds. Cut each round into 6 wedges.

TRANSFER scones to prepared baking sheets. Bake until firm to the touch and golden brown on top, 15 to 18 minutes. Cool on rack.

PREPARE glaze: Gradually mix lemon juice into confectioners' sugar in small bowl until just pourable in consistency. Drizzle over scones. Cover leftovers with plastic wrap for up to 3 days.

NUTRITION (per scone)

227 cal, 4 g pro, 43 g carb, 1 g fiber, 4.5 g fat, 2.5 g sat fat, 285 mg sodium