



SPECTACULAR MAPLE SCONE BITES WITH PECAN SYRUP

Yield: 12 servings



Ingredients

Scone Bites

1 cup + 2 tablespoons Pearl Milling Company Protein Mix
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 cup butter or margarine, frozen
1/4 cup 2% Milk
1/2 teaspoon vanilla extract
2 Tablespoons maple syrup
Cooking Spray

Pecan Syrup

1/4 cup Pearl Milling Company Pancake Syrup
2 tablespoons chopped pecans
1/4 teaspoon vanilla extract
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
Cooking spray

Cooking Instructions

Scone Bites

Preheat the oven to 375°F. Lightly spray a muffin tin with cooking spray.
In a large bowl combine pancake mix, baking powder, and salt. Set aside.
In a separate bowl combine the milk, vanilla, and maple syrup. Set aside.
Using the largest size on a box grater, grate the frozen butter into to the dry mixture.
Rub the butter and dry mix together with fingers until butter is in pea sized clumps.
Add in the wet ingredients and mix. The mixture should be crumbly but stick together when pressed.
Scoop about two tablespoons of dough and roll into a small ball. Place the dough ball into the muffin tin and very lightly press down into the bottom of the tin. Repeat until muffin tin is full.
Bake the scone bites for 13-14 minutes, until golden brown.

Pecan Syrup

Lightly spray a small skillet with cooking spray.
Add the pecans and toast over medium heat for 1-2 minutes.
Mix the syrup, vanilla, cinnamon, and nutmeg in with the pecans and cook for an additional 1-2 minutes.

Remove from heat.
Drizzle the syrup over the prepared scone bites.

Nutritional Info

110 calories. Total fat 5g. Saturated fat 1.5g. Trans fat 0g. Cholesterol 0mg. Sodium 220mg. Total Carbohydrate 17g.
Dietary fiber 1g. Total sugars 6g. Protein 3g.

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