



## SAVOURY PEAR AND CHEESE SCONES

These tasty scones are great on the run, at home for breakfast or as a snack. Make a double batch and freeze. Warm in the microwave and enjoy.

Prep Time **10** min

Cook Time **15** min

Makes 8 Servings

- 375 mL (1 1/2 cups) whole wheat flour
- 125 mL (1/2 cup) oat bran
- 10 mL (2 tsp) baking powder
- 10 mL (2 tsp) packed brown sugar
- 1 mL (1/4 tsp) ground nutmeg
- 30 mL (2 tbsp) soft non-hydrogenated margarine
- 150 mL (2/3 cup) 0% fat plain Greek yogurt
- 1 ripe pear, cored and diced
- 75 mL (1/3 cup) shredded light old Cheddar or crumbled blue cheese

**1.** In a large bowl, combine flour, oat bran, baking powder, sugar and nutmeg. Using your fingers or a pastry blender, rub margarine into flour mixture until it looks crumbly. Using a fork, stir in yogurt to make a ragged dough. Add pear and cheese and knead gently to make a soft dough.

**2.** Place dough on a floured surface and pat into a 20 cm (8 inch) circle about 2 cm (3/4 inch) thick and cut into 8 wedges. Separate wedges and place on parchment paper lined baking sheet.

**3.** Bake in preheated 200°C (400°F) oven for about 15 minutes or until golden.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

### NUTRIENTS PER SERVING

% DV

Calories	162	-
Fat	5 g	7 %
Saturated + Trans	1 g	6 %
	0 g	-
Cholesterol	3 mg	-
Sodium	144 mg	6 %
Carbohydrate	27 g	9 %
Fibre	4 g	17 %
Sugars	5 g	-
Protein	7 g	-
Vitamin A	-	4 %
Vitamin C	-	1 %
Calcium	-	9 %
Iron	-	10 %



### TIPS

- Your little chefs will be super excited to help out with this recipe. They can help stir the dry ingredients, then use their fingers to mix the margarine into the flour mixture. Older kids can help dice the pear and shred the cheese. Kids will have fun patting the dough into a circle.
- Change up the taste of these scones with different combinations of fruit and cheese. Apple with Swiss cheese, anyone?
- To freeze the scones, cool, wrap individually and pop in the freezer.