

BREAKFAST

Apple-Cinnamon Scones

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
26 min	14 min	12 min	10	\$0.21	137 kcal

You can never have too many European recipes, so give Apple-Cinnamon Scones a try. This lacto ovo vegetarian recipe serves 10 and costs 21 cents per serving. This breakfast has 137 calories, 3g of protein, and 4g of fat per serving. Not a lot of people made this recipe, and 1 would say it hit the sp...

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 3 tablespoons chilled butter, cut into small pieces
- ☐ 1 large egg yolk
- ☐ 1 cup chopped peeled Granny Smith apple (about 1 apple)
- ☐ ½ cup low-fat buttermilk (1%)
- ☐ ¼ cup sugar, divided
- ☐ ½ teaspoon baking soda
- ☐ 1 large egg white
- ☐ 1½ cups all-purpose flour
- ☐ 1½ teaspoons ground cinnamon, divided
- ☐ 0.1 teaspoon salt

EQUIPMENT Bowl, Baking sheet, Oven, Knife, Blender, Measuring cup

Method

- 1

Preheat oven to 40
- 2

Lightly spoon flour into dry measuring cups; level with a knife.
- 3

Combine flour, 3 tablespoons sugar, 1 teaspoon cinnamon, and next 3 ingredients in a large bowl.

- 4 Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in apple.
- 5 Combine buttermilk and egg yolk; add to flour mixture, stirring just until moist.
- 6 Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times with floured hands. Pat dough into a 7-inch circle on a baking sheet coated with cooking spray.
- 7 Cut dough into 10 wedges; place wedges 1 inch apart on baking sheet.
- 8 Beat egg white with a fork until frothy; brush over surface of dough.
- 9 Combine remaining 1 tablespoon sugar and 1/2 teaspoon cinnamon; sprinkle evenly over dough.
- 10 Bake at 400 for 12 to 14 minutes or until lightly golden.
- 11 Serve warm.

Nutrition per serving

137	3 g	4 g	22 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.4 g · 15% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			7 g · 8% of daily needs
Sodium			178 mg · 8% of daily needs
Cholesterol			27.9 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/apple-cinnamon-scones-147682