



Moist Pumpkin Cranberry Scones

READY IN



45 min.

SERVINGS



16

CALORIES



489 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup butter cold cut into cubes
- ☐ 1.3 cups pumpkin canned
- ☐ 16 servings chocolate chips dried
- ☐ 16 servings butter – solidified coconut oil
- ☐ 1 cup cranberries dried
- ☐ 2.5 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup milk divided
- ☐ 16 servings flour – pastry flour whole wheat
- ☐ 0.5 cup yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 16 servings yogurt – soy yogurt or any other non dairy yogurt for vegans
- ☐ 2 cups flour whole wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven at 400F/190C for 15 minutes. In a large bowl combine together all the ingredients in Part 1 except the butter.
- ☐ Cut in the butter using 2 forks or a pastry knife until the mixture resembles coarse crumbs. In another bowl whisk together the yogurt, pumpkin and 1/2 cup of milk. Stir the wet mix into the flour mix until moistened. Fold in the cranberries, if using. Turn the dough on a floured surface and knead a couple of times. Greasing your hand lightly with oil/butter will make the kneading easier. Divide the dough into two parts and pat each into an 8-inch circle.
- ☐ Cut each circle into 8 wedges and place it on an ungreased baking sheet an inch apart and brush the remaining milk over the scones.
- ☐ Bake for about 12–20 minutes. I'm guessing that it took 20 minutes because I used whole wheat flour (See My Notes). The original recipe suggests to bake between 12–15 minutes.
- ☐ Transfer to wire racks and cool for about 10 minutes before serving. Glaze it with your choice of icing if you prefer it.

Nutrition Facts



 **PROTEIN 4.18%**  **FAT 43.1%**  **CARBS 52.72%**

Properties

Glycemic Index:17.44, Glycemic Load:11.31, Inflammation Score:-10, Nutrition Score:13.737826108932%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 489.28kcal (24.46%), Fat: 24.46g (37.64%), Saturated Fat: 10.17g (63.54%), Carbohydrates: 67.33g (22.44%), Net Carbohydrates: 62.47g (22.72%), Sugar: 35.67g (39.63%), Cholesterol: 32.87mg (10.96%), Sodium: 449.6mg (19.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Vitamin A: 3862.1IU (77.24%), Manganese: 0.94mg (46.97%), Selenium: 17.43µg (24.9%), Fiber: 4.86g (19.43%), Vitamin B1: 0.25mg (16.93%), Phosphorus: 135.63mg (13.56%), Vitamin E: 1.89mg (12.62%), Folate: 46.26µg (11.56%), Iron: 2.07mg (11.51%), Calcium: 114.75mg (11.47%), Vitamin B3: 2.26mg (11.29%), Vitamin B2: 0.18mg (10.61%), Magnesium: 36.08mg (9.02%), Copper: 0.14mg (7.12%), Vitamin K: 7.36µg (7.01%), Vitamin B6: 0.11mg (5.64%), Potassium: 185.03mg (5.29%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.45mg (4.49%), Vitamin B12: 0.13µg (2.14%), Vitamin C: 1.08mg (1.31%)