

PREPARATION: 15 MINUTES

BAKING: 18–20 MINUTES

MAKES: 16 SCONES

GOLDEN SCONES

INGREDIENTS

¾ cup milk (2% MF)

2 teaspoons vinegar

2 cups all-purpose flour

1 teaspoon cream of tartar

½ teaspoon baking soda

1 ½ tablespoons dried onion flakes

2 teaspoons sugar

1 teaspoon garlic powder

1 tablespoon Dijon mustard

⅓ cup unsalted butter, melted

2 beaten eggs

1 cup frozen corn kernels, defrosted

¾ cup strong cheddar cheese, grated

¼ cup parmesan, grated

½ cup green onions, sliced

1 tablespoon milk (2%)



PREPARATION

- 1** Prepare buttermilk by adding 2 teaspoons of vinegar to ¾ cup milk. Let sit for 10 minutes, then stir to combine.
- 2** Place the rack in the centre of the oven. Preheat the oven to 400°F (200°C). Line a large baking sheet (e.g. 20 × 14 inches) or two smaller ones with parchment paper or use silicone sheet.
- 3** In a large bowl, mix the dry ingredients: flour, cream of tartar, baking soda, onion flakes, sugar, and garlic powder.
- 4** Add the mustard to the buttermilk and stir to combine.
- 5** Add the mustard-seasoned buttermilk, melted butter, and eggs to the large bowl with the dry ingredients. To make the dough, combine all ingredients by stirring with a spoon.
- 6** Add corn, cheddar cheese, parmesan cheese, and green onion. Stir to combine.
- 7** By using a ¼ cup measuring cup or an ice cream scooper, place a ball of dough on the baking sheet. Continue with the rest of the dough to make 16 scones. Glaze each ball of dough with milk.
- 8** Bake 20 minutes or until scones are golden. Let cool before serving.

Nutrient Analysis

PER SERVING:

1 scone

RENAL EXCHANGE:

½ Protein + 1 Starch

Calories	158 Kcal
Protein	6 g
Carbohydrates	16 g
Fibre	1 g
Sugars	2 g
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	43 mg
Sodium	133 mg
Potassium	121 mg
Phosphorus	89 mg

Note: You can freeze the unbaked scones in step 7. Bake 25 minutes at 400°F. Or you can freeze baked scones in an airtight container.