

Pumpkin Scones

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Makes 12

Blue – 3 points for 1, 7 points for 2

Purple – 3 points for 1, 7 points for 2

Green – 4 points for 1, 7 points for 2

Scones

- 2 cups self rising flour **see note below to make your own
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp all spice
- 1/4 tsp cloves
- 1/4 tsp ginger
- 3/4 cup packed zero brown sugar substitute
- 1 1/2 Tbsp butter, cut in small cubes
- 1/3 cup non fat, plain Greek yogurt
- 1 egg
- 1 tsp vanilla
- 1/2 cup pumpkin puree
- 2-3 Tbsp milk of your choice

Glaze

- 1/4 cup powdered sugar

- 1 tsp milk

Scones

1. Preheat oven to 400°. Line 2 baking sheets with parchment paper
2. In a large bowl, whisk flour, salt and spices. Set aside
3. In a medium bowl, add brown sugar. Add butter cubes. Using your fingers, work brown sugar and butter together until the mixture is combined and crumbly. Set aside
4. In another bowl, whisk egg, yogurt, vanilla extract and pumpkin puree
5. Add brown sugar mixture to flour and stir well to combine.
6. Add pumpkin mixture to flour/sugar mixture and fold over and over until well combined. You want a stiff dough. If dough is too stiff, you can add a little milk, a teaspoon at a time.
7. Turn dough out onto a floured surface. With floured hands, pat down into a 7½x12 inch rectangle that is about 1/2 inch thick.
8. Cut rectangle long ways right down the middle, forming to strips.



9. Then cut into 6 equal squares.



10. Cut each square into 2 triangles.



11. Carefully move triangles to 2 parchment lined baking sheets.
12. Bake at 400° for 13 minutes. Remove to wire rack to cool completely

Glaze

1. Whisk powdered sugar and milk together in a bowl. May need more or less milk depending on your consistency. Brush, drizzle or pipe onto cooled scones.

NOTES

1. To make self rising flour, take 1 cup of all purpose flour and whisk in $1\frac{1}{2}$ tsp of baking powder and $\frac{1}{4}$ tsp of salt.
2. To freeze the scones, cool completely, do not glaze, freeze. Do not glaze until you are ready to eat them.

Breakfast, Dessert, Snack
Pumpkin