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There are ingredients that we can change in recipes to make them lighter and still maintain great taste. These drop scones remove sugar, butter and cream and add sucralose, orange orange zest, and dried cranberries for a burst of flavor. Learn about these substitutions and more when you sign up for our Cooking Well with Diabetes Course at

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CRANBERRY SCONES



INGREDIENTS

- 2 cups flour
- 1 teaspoon orange peel
- ½ cup sucralose
- 3 tablespoons margarine
- 2 teaspoons baking powder
- 1 cup fat-free sour cream
- ½ teaspoon salt
- 1 cup dried cranberries
- 1 egg

DIRECTIONS

1. Wash your hands with soap and hot water.
2. Preheat oven to 375 degrees.
3. Combine flour, sucralose, baking powder, salt and orange peel.
4. Cut margarine into mixture.
5. Beat egg, add to flour mixture.
6. Stir in sour cream until blended. Stir in cranberries.
7. Drop rounded tablespoons onto non-stick baking sheet. With a floured cup or glass, press mixture to flatten slightly. Bake 14-18 minutes until slightly browned.

POINTS TO REMEMBER

- Scones are small, single serve, biscuit-like quick breads made from wheat, barley or oats. They originally were round and flat but the modern version is thicker and often rolled into round shapes, cut into quarters, then baked, sometimes on a griddle. Scones can be savory or sweet and are usually eaten for breakfast but are also served with tea or coffee. A scone is often lightly sweetened and occasionally glazed with egg wash.
- Traditional scones include higher proportions of butter to flour. This recipe decreases that fat content by utilizing margarine and in smaller quantities. Fat is further reduced by the substitution of fat-free sour cream for regular sour cream.
- Cranberries contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases. Cranberries are also rich in vitamin C and fiber. The cranberry is widely known for its use as a remedy for urinary tract infections. However, while scientific studies support the use of cranberries for preventing urinary tract infections, there is no conclusive evidence that they effectively treat them.

Makes 18 servings

Nutrients per serving: Calories: 107; fat: 2 gram; carbohydrate: 19 grams; dietary fiber: 1 grams; protein: 2 grams; sodium: 119 milligrams