Savoury pear and cheese scones

These tasty scones are great on the run or at home for breakfast or as a snack. Make a double batch and freeze. Warm in the microwave and enjoy.

Vegetarian **Kid-friendly** **Freezer-friendly**

PREP TIME
10 min

COOK TIME
15 min

SERVINGS
8 scones

Ingredients

- 375 mL (1½ cups) whole wheat flour
- 125 mL (½ cup) oat bran
- 10 mL (2 tsp) baking powder
- 10 mL (2 tsp) packed brown sugar
- 1 mL (¼ tsp) ground nutmeg
- 30 mL (2 tbsp) soft non-hydrogenated margarine
- 150 mL (⅔ cup) 0% fat plain Greek yogurt
- 1 ripe pear, cored and diced
- 75 mL (⅓ cup) shredded light old Cheddar or crumbled blue cheese

Directions

1. In a large bowl, combine flour, oat bran, baking powder, sugar and nutmeg. Using your fingers or a pastry blender, rub margarine into flour mixture until it looks crumbly. Using a fork, stir in yogurt to make a ragged dough. Add pear and cheese and knead gently to make a soft dough.

2. Place dough on a floured surface and pat into a 20 cm (8 inch) circle about 2 cm (3/4 inch) thick and cut into 8 wedges. Separate wedges and place on parchment paper lined baking sheet.

3. Bake in preheated 200°C (400°F) oven for about 15 minutes or until golden.

Tips

- Your **little chefs** will be super excited to help out with this recipe. They can help **stir the dry ingredients**, then use their fingers to mix the margarine into the flour mixture.

- **Older kids** can help **dice the pear and shred the cheese**. Kids will have fun patting the dough into a circle.

- Change up the taste of these scones with different combinations of fruit and cheese. **Apple with Swiss cheese**, anyone?

- To **freeze the scones**, cool, wrap individually and pop in the freezer.

- Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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