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Citrus Rosemary Scones

Prep Time: 25 mins

Cook Time: 12 mins

Total Time: 37 mins

Ingredients

- ❖ cooking spray
- ❖ 2 3/4 cup(s) flour, all-purpose
- ❖ 1/3 cup(s) sugar
- ❖ 1 tablespoon baking powder
- ❖ 1 tablespoon orange peel
- ❖ 2 teaspoon rosemary, fresh
- ❖ 1/4 teaspoon salt
- ❖ 1/4 cup(s) butter
- ❖ 2/3 cup(s) milk, fat-free
- ❖ 1 egg(s), beaten
- ❖ 1 egg white(s), beaten
- ❖ orange marmalade, reduced-sugar
- ❖ 2 teaspoon milk, fat-free



Preparation

1. Preheat oven to 425°F. Lightly coat a baking sheet with nonstick cooking spray; set aside. In a large bowl, stir together flour, sugar, baking powder, orange or lemon peel, rosemary, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in the center of flour mixture. In a small bowl, stir together the 2/3 cup milk, the egg, and egg white. Add milk mixture all at once to flour mixture. Using a fork, stir just until moistened.
2. Turn out dough onto a lightly floured surface. Quickly knead dough by folding and pressing gently 10 to 12 times or just until dough is smooth. Pat gently into a 9-inch circle, about 1/2-inch thick. Cut the dough with a 2 1/2-inch round cutter, rerolling scraps. (Or, cut into 12 wedges.) Transfer scones to prepared baking sheet. Brush tops with the 2 teaspoons milk. Bake for 12 to 15 minutes or until golden brown. Serve warm. If desired, serve with orange marmalade.