

Gluten-free Cranberry Orange Scones

Created by Rachel Scanlan, FSHN graduate student

Ingredients:

2/3 cup millet flour
2/3 cup white rice flour
2/3 cup tapioca starch
1 teaspoon xanthan gum
1/3 cup sugar
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1 cup cold, unsalted butter (1 stick)
3/4 cup Craisins®
Zest from one orange
1/2 cup sour cream
1 large egg

Glaze:

1 cup powdered sugar
Juice from one large orange
Zest from one large orange

Directions:

Preheat oven to 400°F.

In a large bowl, whisk together all dry ingredients. Using a pastry blender, cut the cold butter into the dry ingredients. Mix in zest and craisins.

In a separate bowl, stir together the sour cream and egg until creamy. Stir this mixture into the flour mixture using a fork or spoon and form a large ball of dough. Flour a flat surface or cutting board. Pat the ball into a disk, about 3/4 - 1 inch high.

Line a cookie sheet with parchment paper. Use a pizza cutter to make 8 wedges of equal size and place wedges on the cookie sheet a few inches apart. Bake for 15 minutes or until tops are golden brown. Allow scones to cool and then start the glaze.

Whisk together powdered sugar, orange juice, and zest. If glaze is too thick, add more orange juice. Drizzle the glaze over the scones.

Yield: 8 scones

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 scone (128g) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 400 | Calories from Fat 130 |
| % Daily Value* | |
| Total Fat 15g | 23% |
| Saturated Fat 9g | 45% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 270mg | 11% |
| Total Carbohydrate 63g | 21% |
| Dietary Fiber 3g | 12% |
| Sugars 34g | |
| Protein 3g | |
| Vitamin A 10% | • Vitamin C 15% |
| Calcium 4% | • Iron 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |