

Irish-Style Blueberry Scones



Servings: 8

2 cups all-purpose flour
3 tablespoons sugar
2 1/4 teaspoons baking powder
1/4 teaspoon salt
1/4 cup unsalted butter, plus 1
tablespoon
1 large egg
7 tablespoons milk, divided
3/4 cup blueberries, fresh or frozen

In a bowl combine all-purpose flour, sugar, baking powder, and salt.

Cut in the unsalted butter until the mixture resembles coarse crumbs.

In a separate bowl whisk together the egg and 6 tablespoons of milk. Add to the dry ingredients just until moistened.

Gently fold in the blueberries until combined.

Turn the dough out onto a lightly floured surface and shape the dough into a 8-inch circle.

Cut the circle into 8 wedges and place on a baking sheet lined with parchment paper. Brush with remaining 1 tablespoon of milk.

Bake in a 375°F oven for 15-20 minutes or until golden brown.

Serve warm.

Per Serving (excluding unknown items): 208 Calories; 7g Fat (30.7% calories from fat); 5g Protein; 32g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 191mg Sodium; 7g Total Sugars; trace Vitamin D; 121mg Calcium; 2mg Iron; 72mg Potassium; 189mg Phosphorus. Exchanges: .