

# Two-Cheddar Scones

This scone recipe combines sharp cheddar and reduced-fat cheddar to please both mouth and mind.



## INGREDIENTS

(Makes 24)

All-purpose flour	650g
Semolina flour	280g
Whole wheat flour	280g
Sugar, granulated	140g
Baking powder	28g
Salt	14g
Black pepper	3g
<b>U.S. Butter, unsalted</b>	<b>200g</b>
<b>U.S. Buttermilk, low-fat</b>	<b>630ml</b>
Eggs, large, lightly beaten	8 (57g each)
Sun-dried tomatoes, diced	85g
<b>U.S. Reduced-Fat Cheddar, shredded</b>	<b>160g</b>
<b>U.S. Sharp Cheddar, shredded</b>	<b>140g</b>

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	379kcal
<b>Total Fat</b>	127g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	0mg
<b>Total Carbohydrates</b>	54g
Dietary Fiber	2g
Sugars	10g
<b>Protein</b>	10g
Calcium	35mg
Magnesium	32mg
Phosphorus	101mg
Potassium	116mg
Sodium	408mg
Iron	3mg
Vitamin A	197IU
Vitamin C	0mg

## PREPARATION

1. **Combine the three types of flour, sugar, baking powder, salt and pepper. Blend well.**
2. **Cut butter into flour mixture with pastry blender or fork until evenly distributed.**
3. **In separate bowl, combine buttermilk, tomatoes and eggs. Let stand 5 min.**
4. **Add buttermilk mixture to flour mixture. Mix until just incorporated. Do not over-mix.**
5. **Gently fold in reduced-fat and sharp cheddar cheeses.**
6. **Roll out dough on lightly floured surface to about 2.5 cm (1 inch) thickness.**
7. **Cut into desired shapes place on lightly greased baking sheet pan. Bake at 205°C (400°F) for 10 to 12 minutes until lightly browned.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.