



Healthy Carrot Scones

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 1-1/2 cup whole wheat flour
2. 1/2 all purpose flour
3. 1/4 cup brown sugar
4. 2 tsp baking powder
5. 3/4 cup milk (soy or skim)
6. 4 tbsp butter, at room temp.
7. 1 egg, lightly beaten
8. 1/3 cup grated carrots

Instructions

Preheat oven to 400°F.

Combine flour, sugar and baking powder, add butter and work until batter has a crumbly texture. Beat egg, add to flour mixture, add milk. Do not over mix. Add carrots. Scoop out 9 equal portions. Place on a baking sheet about 2 inch away from each other. Bake 20 minutes. Cool 5 minutes and sprinkle with confectioners' sugar.

I made the healthier version: I've used 4 tbsp of applesauce, not butter and I've used 1 egg substitute.