



Benecol® Blueberry Scones

Makes: 8 servings

Prep Time: 8 minutes

Total Time: 20 minutes



Ingredients

- 2 cups all-purpose flour
- 4 tsp. baking powder
- 2 tablespoons granulated sugar
- 1 egg
- ¼ cup **Benecol® Original Spread**
- 1/3 cup milk
- ¼ cup warm water
- ¾ cup blueberries, fresh or frozen

Preparation

1. Preheat oven to 425°F.
2. In a large mixing bowl, combine flour, baking powder, and sugar.
3. In a medium bowl, whisk together egg, Benecol®, milk and water.
4. Gently add the wet ingredients to the dry ingredients and fold in blueberries.
5. On a floured work surface turn out the dough and pat down to a round disk approximately 1" thick by 10" wide, and slice into 8 wedges.
6. Place onto a floured baking sheet and bake for 10-15 minutes or until golden brown.

OPTIONAL: Make an egg wash by combining 1 egg with 2 tablespoons of milk, and brush the top of the scone dough just before baking. This will give the scones a beautiful golden color when they come out of the oven!