



## **Barley Fruit Scones**

### **Scones**

- 1 cup barley flour
- 1 cup all-purpose wheat flour
- 1/4 cup granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup dried cranberries (may substitute currants, raisins or dried cherries)
- 1 cup nonfat milk
- 1/4 cup butter, melted
- 1 large egg, beaten
- 1 teaspoon grated fresh lemon peel

### **Lemon Glaze**

- 1/2 cup confectioners sugar, sifted
- 1 teaspoon grated fresh lemon peel
- 1 tablespoon fresh lemon juice

In large bowl, mix together flours, sugar, baking powder and salt. Stir in cranberries. Mix in milk, butter, egg and grated lemon peel. Spray a baking sheet with non-stick cooking spray. Drop batter by spoonfuls onto baking sheet, creating 12 equal portions. Bake at 375° F for 15 to 17 minutes or until lightly browned. Cool scones slightly. Combine Lemon Glaze ingredients; stir until smooth. Use pastry brush to glaze tops of cooled scones. Makes 12 scones.

Per scone: calories 178, protein 4g, carbohydrates 31g, fat 5g, fiber 2g, cholesterol 28mg, sodium 276mg.

***For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).***