

# Nutrition Education

## Whole Grain Lemon-Poppy Scones

The recipe below is a healthier version of a traditional scone thanks to the use of whole grain flour and a reduced amount of fat. The lemon peel adds a refreshing citrus zing and the poppy seeds add some color and crunch as well as fiber and minerals. Make this with your child and let them help you measure and mix the ingredients. Children will especially enjoy smelling the lemon rind as it is grated.

### INGREDIENTS

3 cups whole wheat pastry flour  
4 ½ teaspoons baking powder  
¼ teaspoon salt  
1 teaspoon ground cinnamon  
6 tablespoons sugar  
2 tablespoons poppy seeds

1 egg, beaten  
6 tablespoons canola oil  
¾ cup skim or soy milk  
Grated rind of 1 lemon (organic if possible)

1. Preheat oven to 425° F
2. In large mixing bowl, combine all dry ingredients, including poppy seeds.
3. In smaller bowl, combine all wet ingredients and add to dry, stirring just until combined.
4. Separate dough into two portions. Place on countertop and press each portion into a circle 1-inch thick.
5. Cut each circle into 8 wedges. Place each wedge on parchment-covered cookie sheet.
6. Bake 20-25 minutes or until golden brown.

Yield: 16 scones

Recipe from *The Early Sprouts Cookbook* by Karrie Kalich, Lynn Arnold and Carol Russell

