

Red Pepper, Green Onion and Cheddar Scone

Makes: 15
Serving size: 1 Scone



Bake: 325°C
Time: 15 Mins.

Ingredients

¼ Red bell pepper
1/8 Cup green onion tops
1 ½ Cups white flour
½ Tsp. garlic powder
½ Cup cheddar cheese
1 Tsp. baking powder
1 Tsp. baking soda
1 Tbsp. white sugar
1 Egg
1/3 Cup olive oil
¼ Tsp. dried rosemary
½ Cup almond milk

Calories: 134 kcal
Protein: 3.7 g
Carbohydrate: 11.8 g
Sodium: 168.1 mg
Potassium: 32.4 mg
Phosphorus: 66 mg

Preparation

1. Preheat the oven to 325°C
2. In a large bowl combine flour, garlic powder, sugar baking soda and baking powder, set aside for later
3. Chop red bell pepper and green onions into small pieces. Grate cheese and set aside
4. In a medium bowl, mix oil, milk and 1 egg together
5. Pour liquid mixture into the flour mixture and stir
6. Add red bell pepper, green onions and cheese to mixture and stir till combined
7. Scoop mixture onto a baking sheet, sprinkle rosemary on top. Makes 15 scones
8. Bake scones on 325°C for 15 minutes or until done.

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