

## Tea Scones

1 1/2 cups all purpose flour  
2 tsp. baking powder  
1/4 tsp. salt  
1/4 cup (1/2 stick) unsalted butter, chilled and cut in pieces  
1/3 cup golden raisins  
1 large egg, lightly beaten  
1/3 cup apple juice concentrate, unsweetened

Preheat oven to 425°F; spray baking sheet with vegetable cooking spray; set aside. In large bowl combine flour, baking powder, and salt. With a pastry blender or 2 knives, cut in butter until mixture is crumbly. Stir in remaining ingredients until dough forms; turn onto lightly floured surface; knead gently about 12 times. Roll dough into 1/2" thickness; with a 2 1/4" floured biscuit cutter, cut into 12 rounds. Bake 10-12 minutes or until lightly browned and firm to touch. Makes 12 servings.

Nutrition information per serving: calories 115; protein 2 grams; fat 5 grams; sodium 126 mg