

**Flax Scones**

½ cup	whole flaxseed	125 mL
2 tbsp.	grated orange rind	25 mL
3 cups	unbleached all purpose flour	750 mL
¼ cup	brown sugar	50 mL
1 tbsp.	baking powder	15 mL
¾ tsp.	salt	3 mL
¾ cup	shortening	175 mL
1 cup	orange juice	250 mL
2 tbsp.	granulated sugar	25 mL
2 tbsp.	whole flaxseed	25 mL

- Preheat oven to 425° F (210° C).
- Spray baking sheet with a nonstick cooking spray.
- Set aside 1 tbsp. (15 mL) grated rind.
- In a large bowl, combine flour, flaxseed, remaining orange rind, brown sugar, baking powder and salt.
- Using a pastry blender or two knives, cut shortening into flour mixture until it resembles coarse crumbs.
- Set aside 2 tbsp. (25 mL) orange juice.
- Add remaining orange juice to dry ingredients and mix lightly with fork until mixture forms a soft dough.
- Put dough onto a lightly floured surface and knead gently 4 to 5 times.
- Divide dough in half, form into two balls. Roll each ball into a 6 inch (15 cm) circle 1 inch (2.5 cm) thick.
- Cut each into 6 wedges. Place wedges on baking sheet.
- Poke tops with a fork.
- In a saucepan, heat remaining orange juice and sugar. Bring to a boil and remove from heat. Add reserved orange rind.
- Brush top of scones with glaze. Sprinkle top of scones with flaxseed.
- Bake 16 to 20 minutes or until brown. Remove from oven and glaze tops with remaining glaze.

Yield: 12 servings

Serving Size: 1 (wedge) scone

**Single Serving Nutrient Values**

Calories	286.62
Protein	5.31 g
Carbohydrate	32.34 g
Fiber	3.53 g
Fat	16.59 g
Saturated	5.29 g
Monounsaturated	4.84 g
Polyunsaturated	5.88 g
Cholesterol	0 mg

Folate	48.91	mcg
Potassium	122.31	mg
Sodium	248.19	mg