

Cranberry Orange Scones



These protein cranberry-orange scones are a delightful combination of tangy and sweet flavours that brighten up your mornings or snack breaks. Easy to make, they blend the authentic taste of homemade baked goods with a nutritious twist, making them perfect for a balanced breakfast, a light dessert, or a satisfying snack. With a tender texture and a boost of protein, they pair wonderfully with a cup of tea or a bowl of yogurt for a comforting and nourishing moment.

Preparation 15 min

Cooking 20 min

Servings 10

Nutrition Facts (per serving)

Calories 255

Fat 6

Carbohydrates 44

Fibre 4

Protein 6

Sodium 290

Ingredients

- 375 ml (1 ½ cups) whole wheat flour
- 310 ml (1 ¼ cups) all-purpose flour
- 60 ml (¼ cup) granulated sugar

- 15 ml (1 tbsp) baking powder
- 1 ml (¼ tsp) salt
- 60 ml (¼ cup) cold butter, cubed*
- 180 ml (¾ cup) 1% cottage cheese
- 1 egg
- 60 ml (¼ cup) milk
- 30 ml (2 tbsp) orange juice
- 5 ml (2 tsp) finely grated orange zest
- 250 ml (1 cup) dried cranberries

Creamy glaze (Optional)

- 60 ml (¼ cup) 1% cottage cheese
- 5 ml (1 tsp) vanilla extract
- 2.5 ml (½ tsp) maple syrup

Preparation

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the dry ingredients. Add the cold butter and mix until the texture resembles coarse crumbs.
3. In a separate bowl, mix the wet ingredients: cottage cheese, egg, orange juice, and orange zest.
4. Combine the dry and wet ingredients until a dough forms. Gently fold in the cranberries.
5. Roll out the dough on a lightly floured surface to a thickness of about 2.5 cm (1 inch). Cut into 8 wedges. Arrange the scones on the baking sheet, spacing them apart. Optionally, refrigerate the dough for 30 minutes to improve the final texture.
6. Bake the scones for 22 to 25 minutes or until golden brown.
7. While the scones are baking, blend the cottage cheese, vanilla extract, and maple syrup until smooth. Let the scones cool slightly before drizzling them with the glaze if desired.

Notes

Best enjoyed the same day. Keeps for up to 4 days at room temperature or 3 months in the freezer.

*For optimal texture, **cold block butter** is recommended in this recipe. However, **regular margarine** works well if butter is unavailable.



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