

8-inch circle. Cut into 8 wedges with a sharp knife; separate slightly. Brush with beaten egg white; sprinkle with 1 tablespoon sugar.

Bake 15-16 minutes or until edges are a light brown. Immediately remove from cookie sheet and serve warm. Makes 8 scones.

**Nutrition Analysis.** One scone provides 211 calories, 5 g protein, 33 g carbohydrates, 1 g dietary fiber, 7 g fat, 27 mg cholesterol, 83 mg calcium, 90 mg potassium and 189 mg sodium.

**Variation:** To make Cranberry Orange Scones, stir  $\frac{1}{2}$  cup chopped, fresh cranberries with the oranges, milk and egg.

**Tip:** Serve scones with orange butter: In small bowl, beat  $\frac{1}{4}$  cup butter until light and fluffy. Stir in 1 tablespoon orange marmalade.

**To freeze:** Cool baked scones completely, then wrap in plastic bags, pressing out as much air as possible. To reheat, spread frozen scones on cookie sheet and heat for about 5 minutes in a preheated 250°F oven.

Spread evenly in prepared pan. Bake 22-23 minutes or until toothpick inserted in center comes out clean.

Cool on wire rack. If desired, dust with confectioners' sugar. Cut into squares. Serves 16.

**Nutrition Analysis.** One serving provides 82 calories, 2 g protein, 19 g carbohydrates, 1 g dietary fiber, 0 g fat, 0 mg cholesterol, 31 mg calcium, 65 mg potassium and 121 mg sodium.

## Homemade Breakfast Cereal

$3\frac{1}{2}$ cups whole wheat flour*	1 cup brown sugar
1 teaspoon cinnamon	1 teaspoon salt
$\frac{1}{4}$ teaspoon nutmeg	1 teaspoon soda
2 cups buttermilk or sour milk	

Preheat oven to 350°F. Lightly coat a 15 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " x 1" baking pan with cooking spray.

In a large bowl, combine whole wheat flour, cinnamon and nutmeg. In a small bowl, stir together buttermilk, brown sugar, salt and soda. Stir wet mixture into dry mixture until well blended.

Spread the soft, cookie-like dough mixture evenly in prepared pan; bake 25-30 minutes or until golden brown. Remove from pan; place on wire rack. Let stand, uncovered, overnight in a cool place.

When quite dry, break in small pieces and chop in food processor or blender

## Jalapeño Cheese Bread

1 package active dry or fast-rise yeast	2 tablespoons minced jalapeño pepper*
$1\frac{1}{4}$ cups warm water, 110°-115°F	1 cup shredded sharp cheddar cheese
1 egg, beaten	1 2-ounce jar sliced pimentos, undrained
2 tablespoons margarine or butter	1 tablespoon instant minced onion
4-4 $\frac{1}{4}$ cups bread flour, divided	
1 tablespoon sugar	
1 teaspoon salt	
1 teaspoon garlic powder	

In large bowl, dissolve yeast in warm water; let stand 5 minutes. Add egg, margarine, 2 cups flour, sugar, salt and garlic powder to yeast mixture; beat 3 minutes. Stir in pepper, cheese, undrained pimentos and onion.

Gradually add enough of the remaining flour to form a soft dough. Knead until smooth and elastic, 15 minutes by hand or with a dough hook.