

# Preventing Women's Heart Disease Through Education



**CAROL For Heart**

## Raspberry Chocolate Scones

1 cup cake flour  
1 cup all-purpose flour  
1 tablespoon baking powder  
¼ teaspoon baking soda  
1/3 cup Smart Balance spread  
½ cup fresh raspberries  
¼ cup miniature chocolate chips  
1 cup plus 2 tablespoons plain fat-free yogurt  
2 tablespoons honey  
½ teaspoon sugar  
¼ teaspoon cinnamon

- Preheat oven to 400 degrees.
- Sift together the flours, baking powder and baking soda in a large mixing bowl.
- Cut in Smart Balance until crumbly.
- Stir in berries and chocolate chips.
- Mix yogurt and honey together in a small bowl. Add to flour mixture, mixing until just blended.
- Turn dough out on a lightly floured board. Knead gently just until dough is combined.
- Roll into a 1/2-inch-thick circle. Cut into 12 wedges. Place on lightly greased baking sheet.
- Mix sugar and cinnamon together in small bowl. Sprinkle over top of scones.
- Bake for 10 to 12 minutes.

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*Per Serving (1 scone): 176 Calories: 176; Cholesterol: 7 mg; Protein: 4 g; Sodium: 209 mg; Carbohydrate: 23 g; Fiber: 2 g; Potassium: 93 mg; Total fat: 4.8 g; Saturated fat: 3.3 g; Calcium: 71 mg*

Recipe courtesy of: Denis Chiappa • Carlow Cookery • [www.carlowcookery.com](http://www.carlowcookery.com)

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