

HEART-HEALTHY DRIED FRUIT SCONES

2½ cups (350 grams) unbleached all-purpose flour
 ⅓ cup (70 grams) granulated sugar
 1 tablespoon baking powder
 ¼ teaspoon baking soda
 ½ teaspoon kosher salt
 ½ teaspoon ground cinnamon
 ¼ cup (40 grams) dark raisins
 ¼ cup (40 grams) golden raisins
 ¼ cup (40 grams) dried apricots, chopped
 ¼ cup (20 grams) dried apples, chopped
 ¼ cup (40 grams) dried cranberries
 ½ cup (50 grams) fresh or frozen cranberries or blueberries, chopped
 ¼ cup (40 grams) crystallized ginger, chopped
 2 eggs
 ½ cup (120 grams) cold plain nonfat yogurt
 ½ cup (120 grams) cold nonfat buttermilk
 ¼ cup (50 grams) canola oil

SIMPLE VANILLA GLAZE

1 cup (140 grams) confectioners' sugar
 ¼ teaspoon vanilla extract
 2 to 3 tablespoons water

MAKES 8 SCONES

16

The idea of low fat is akin to heresy for many bakers. We love our butter and our cream and all things rich and delightful. I've found that commercially produced low-fat items often mask the lack of fat with a surplus of sugar: "If we make these cookies ultrasweet, maybe people won't notice that they are as dry as sawdust!" These scones are the antithesis of typical low-fat grocery-store offerings. They do contain a little fat—a small amount of canola oil and a couple of eggs—but what they mostly contain is a whole lot of scrumptious dried and fresh fruits, bound together by barely sweetened dough. They are so tasty that you won't even notice the missing butter and cream. The simple glaze isn't mandatory, but it does add both appealing flavor and extra moisture.

➤ Position a rack in the center of the oven, and heat the oven to 350 degrees F. Line a baking sheet with parchment paper.

➤ In a medium bowl, stir together the flour, granulated sugar, baking powder, baking soda, salt, and cinnamon. Add the dark raisins, golden raisins, apricots, apples, dried cranberries, fresh cranberries, and ginger and stir well to distribute the fruit evenly.

➤ In a small bowl, whisk together the eggs, yogurt, buttermilk, and oil until smooth.

➤ Pour the egg mixture into the flour mixture and, using a wooden spoon or rubber spatula, fold together just until all of the dry ingredients are thoroughly mixed into the wet ingredients. The mixture will seem dry at first, as if there is too much flour. But as you continue folding gently, the flour will soon mix in and you will have a soft dough. Once that happens, stop mixing.

➤ Using a ^{1/4} ¼-cup dry-measuring cup, drop scant ½-cup mounds of dough onto the prepared baking sheet, making 8 scones total and spacing them 2 to 3 inches apart. (At this point, the unbaked scones can be frozen, tightly wrapped in plastic wrap, for up to 1 week. Proceed as directed, baking directly from the freezer and adding 5 to 10 minutes to the baking time.)

BAKE 15-20 MIN.