

## Pecan Cinnamon Scones for the MIND diet

- 1 cup chopped pecans
- 2 cups whole wheat flour
- 1/4 cup brown sugar
- 3 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp salt
- 6 TBSP olive oil
- 1 large egg
- 1 tsp. vanilla
- 4 to 5 TBSP 1% milk
- 2 tsp. white sugar



1. Toast the pecans in a 375 degree oven for 5 minutes, turning after each minute.
2. Mix the flour, brown sugar, baking powder, cinnamon, and salt.
3. Whisk the egg and add the olive oil and vanilla to it.
4. Gently stir the liquid into the dry ingredients just until barely mixed.
5. Add 4 TBSP of the milk and the pecans.
6. Mix gently as little as possible. Knead it with clean hands right in the bowl. If it doesn't cling together well, add 1 more TBSP milk.
7. Turn out onto greased baking pan and pat into a round disc about 6 to 7 inches in diameter and 1 inch thick.
8. Cut into 8 wedges but don't separate.
9. Sprinkle with the white sugar
10. Bake at 375 degrees for about 15 minutes.

## Nutrition Facts

Servings 8.0

Amount Per Serving

**calories** 372

**% Daily Value \***

**Total Fat** 27 g **42 %**

Saturated Fat 3 g **17 %**

Monounsaturated Fat 17 g

Polyunsaturated Fat 6 g

Trans Fat 0 g

**Cholesterol** 24 mg **8 %**

**Sodium** 113 mg **5 %**

**Potassium** 185 mg **5 %**

**Total Carbohydrate** 31 g **10 %**

Dietary Fiber 5 g **19 %**

Sugars 8 g

**Protein** 6 g **13 %**

Vitamin A **1 %**

Vitamin C **0 %**

Calcium **5 %**

Iron **13 %**

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.