

Tropical Scones

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Ingredients:

3 cups flour
1/3 cup sugar
3/4 tsp salt
1 TBSP baking powder
1/4 tsp cinnamon
1 stick butter, sliced
1/3 cup peeled mango, chopped
1/4 cup dried sweetened pineapple, chopped
1/4 cup roasted unsalted cashews, chopped
2 eggs
2/3 cup milk, divided
1 tsp pineapple, rum, or vanilla extract or 1/2 tsp almond extract

2 TBSP butter

Directions:

*Place parchment paper onto a baking sheet.
*Add the flour, sugar, salt, baking powder, cinnamon and 1 stick of sliced butter into a food processor. Pulse a few times until crumbly. Move to a bowl.
*Gently mix in the mango, pineapple and cashews.
*In a small bowl, whisk the eggs, 1/3 cup of the milk and the extract of your choice. Add to the dry ingredients and stir just until incorporated. Add only as much of the rest of the milk, if you need any at all, as you need just until the dough comes together. You want it moist but not wet.
*Turn the dough onto a floured counter, flour your hands and knead a few times just until the dough holds together.
*Move to the baking sheet and gently form into a rectangle approximately 8 1/2 inches by 6 inches. Cut the width in half and the length into 3 equal pieces so you end up with 6 rectangles. Cut each into 2 triangles. Gently move the pieces apart a bit.
*Place the baking sheet into the refrigerator for 1/2 hour.
*Preheat oven to 375 degrees.
*Melt the remaining 2 TBSP butter. Brush onto the scones. Place in the oven and bake for 30 minutes. Remove from oven and allow to cool slightly. Serve warm.