

# Frosted Apple Scones

adapted from [Source](#)

Posted on ***With a Grateful Prayer and a Thankful Heart*** blog

## Ingredients

2 cups flour  
1/4 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/8 tsp. ground nutmeg  
1/8 tsp allspice  
1/2 tsp ground cinnamon  
1/4 cup butter, cold cut into pieces  
1 cup apple, shredded (1 medium) I did not peel the apple  
1/2 cup milk plus a little more for brushing tops  
sprinkling sugar (optional)



Stir together following ingredients for Frosting

1 cup confectioner's sugar  
pinch salt  
1 Tbs milk or cream (more or less depending consistency desired)

## Directions

Preheat oven to 425 degrees.

Whisk together flour, sugar, baking powder, baking soda, salt, nutmeg, allspice and cinnamon in large bowl until all dry ingredients are well distributed. Cut in butter.

Stir in apple and milk folding gently until soft dough. The dough will be very dry and you will want to add more milk. But just fold slowly and gently and the flour will moisten.

Turn out onto lightly floured board; knead gently 8 to 10 times. Pat into two 6-inch circles. Cut into six pie-shaped wedges.

Place on greased (I use a silpat baking mat) baking sheet. Brush tops lightly with milk; sprinkle with sugar.

Bake for 15 minutes or until brown brown and risen.

Remove to rack and allow to cool slightly before frosting.

12 scones