

Banana Nut Scones with Maple Glaze

★★★★★ 4.6 from 54 reviews

- **Yield:** 6 scones
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Ingredients

- 1/2 cup mashed **bananas** (about 1 large ripe bananas)
- 1/4 cup packed light or dark **brown sugar**
- 1 large **egg**
- 1 teaspoon **pure vanilla extract**
- 1 and 1/4 cup **all-purpose flour** (spoon & leveled)
- 2 teaspoons **baking powder**
- 1 teaspoons **ground cinnamon**
- pinch **ground nutmeg**
- 1/4 teaspoon **salt**
- 3 tablespoons **unsalted butter**, frozen
- 1/2 chopped **walnuts** (*optional*)
- top before baking: 2 Tablespoons (45ml) **milk** and **coarse sugar**

Maple Glaze -Ms. S will make

- 2 Tablespoons (30g) **unsalted butter**
 - 1/3 cup (80ml) **pure maple syrup**
 - 1 cup (112g) sifted **confectioners' sugar**
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Instructions

1. Preheat oven to 400°F (204°C). Line 2 large baking sheets with parchment paper or a silicone baking mat. Set aside.
2. In a medium bowl, beat the mashed banana, brown sugar, egg, and vanilla extract together. Set aside.
3. In a large bowl, whisk the flour, baking powder, cinnamon, nutmeg, and salt together. Grate the frozen butter (I use a **box grater** to grate it; a food processor also works for grating). Toss the grated butter into the flour mixture and combine it with a **pastry cutter**, two forks, a food processor, or your fingers until the mixture resembles coarse meal. Set aside.

4. Drizzle wet ingredients over flour mixture, add the walnuts, and then toss the mixture together with a rubber spatula until everything appears moistened. **Try your best to not overwork the dough at any point.** Dough will be sticky and a little wet. Drop scones, 1/4 cup of dough each, at least 3 inches apart on the prepared baking sheet. Brush scones with milk, then top with a little [coarse sugar](#) if desired for extra crunch. Tastes great!
5. Bake for 20-25 minutes or until lightly golden and cooked through. Remove from the oven and cool as you make the icing. The scones taste even better after they cool down!
6. **Make the icing:** In a small saucepan over low heat, melt the butter and maple syrup together, whisking occasionally. Once the butter has melted, remove from heat and whisk in the sifted confectioners' sugar. Drizzle over scones.
7. Scones are best enjoyed right away, though leftover scones keep well at room temperature or in the refrigerator for about 3-5 days.