**Breakfast Scones**

500 mL flour

15 mL sugar

15 mL baking powder

1 mL baking soda

2 mL salt

85 mL cold margarine

150 mL buttermilk

1 egg

1 slice of ham

60 mL shredded cheese

60 mL finely chopped green pepper

1 green onion, finely chopped

1. Preheat oven to 375 F. Lightly spray a cookie sheet with cooking spray and set aside.
2. In a large bowl, combine flour, sugar, baking powder, baking soda and salt.
3. Using a pastry blender, cut in margarine into dry ingredients.
4. Mix ham, cheese, green pepper and green onion into dry mixture.
5. In a liquid measure combine buttermilk and egg.
6. Pour wet ingredients into dry ingredients then stir with a fork until dough forms into a soft dough (dough should come away from the bowl).
7. Using your hands, gently form into a ball. Turn out on a lightly floured surface and gently knead 3-4 times.
8. Roll out into a rectangle about 2.5 cm (1 inch) thick.
9. Cut into 8 equal pieces and place onto cookie sheet.
10. Bake for 15-20 minutes or until golden brown on the bottom.