



WHATSheATE



Cinnamon Oat Scones

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup use a different add-in such as chocolate chips dried
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup heavy cream
- ☐ 1.5 cups oats
- ☐ 0.5 teaspoons salt
- ☐ 1.5 c unbleached all purpose flour

- ☐ 10 tablespoons butter unsalted cold cut into 10 chunks
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup milk whole

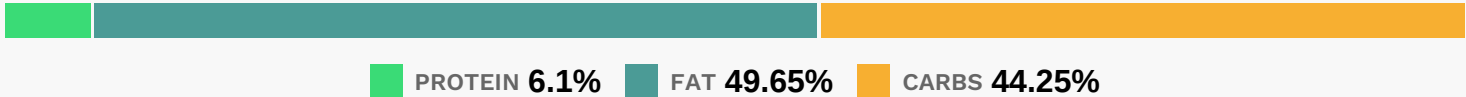
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F.Toast the oats.
- ☐ Spread them on a cookie sheet and bake at 375 degrees F for 8–10 minutes or until they are fragrant.
- ☐ Remove from heat and let cool. Set aside 2 tablespoons of oats to use as scone topping.Raise oven heat to 450 degrees F.In a food processor, combine the flour, sugar, baking powder, salt and cinnamon. Pulse 4 times to mix.
- ☐ Add butter chunks to flour mixture and pulse until mixture is the size of small peas.In a mixing bowl, whisk together the egg, cream, milk, and vanilla. Spoon out 1 tablespoon and set aside. You will use this for brushing tops.
- ☐ Add the flour mixture and the oats to cream mixture and stir until almost mixed.
- ☐ Add the raisins (if using) and continue mixing just until mixture comes together in a ball.On a lightly floured surface, shape the ball into a 7 inch circle (about 1 inch thick). With a floured knife, cut into 6 or 8 wedges, and place wedges 2 inches apart on a non-stick or parchment lined baking sheet.
- ☐ Brush with reserved cream mixture and sprinkle with reserved oats and if desired, some sparkling sugar and extra cinnamon.
- ☐ Bake 14 minutes, rotating pan halfway through.

Nutrition Facts



Properties

Glycemic Index:30.64, Glycemic Load:9.71, Inflammation Score:-5, Nutrition Score:8.9091303735648%

Nutrients (% of daily need)

Calories: 378.35kcal (18.92%), Fat: 21.11g (32.48%), Saturated Fat: 12.58g (78.64%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 40.09g (14.58%), Sugar: 13.47g (14.96%), Cholesterol: 70.19mg (23.4%), Sodium: 268.55mg (11.68%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 5.83g (11.66%), Manganese: 0.74mg (36.89%), Selenium: 14.86µg (21.22%), Vitamin B1: 0.26mg (17.54%), Phosphorus: 138.24mg (13.82%), Folate: 51.52µg (12.88%), Vitamin A: 593.6IU (11.87%), Vitamin B2: 0.2mg (11.78%), Iron: 1.98mg (11%), Calcium: 98.98mg (9.9%), Fiber: 2.24g (8.95%), Vitamin B3: 1.58mg (7.91%), Magnesium: 29.05mg (7.26%), Zinc: 0.87mg (5.78%), Copper: 0.1mg (5.14%), Vitamin E: 0.66mg (4.43%), Vitamin B5: 0.44mg (4.36%), Vitamin D: 0.59µg (3.94%), Potassium: 134.17mg (3.83%), Vitamin B12: 0.14µg (2.31%), Vitamin B6: 0.04mg (2.21%), Vitamin K: 1.92µg (1.83%)