



Oatmeal-Cinnamon Scones

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.3 oz all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon cinnamon
- ☐ 6 servings cinnamon sugar
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup half & half
- ☐ 0.3 cup brown sugar dark light (brown okay)
- ☐ 3 tablespoons milk

- ☐ 1 cup old fashioned oats
- ☐ 0.1 teaspoon salt unsalted (double if using butter)
- ☐ 4 tablespoons butter salted
- ☐ 2.3 oz pastry flour whole wheat

Equipment



- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pastry cutter

Directions

- ☐ Mix the flours, oats, salt, baking powder and cinnamon together thoroughly. Stir in the sugar and mix well.
- ☐ Cut the butter in with a pastry cutter or your fingers (food processor would be okay too) until the mixture resembles small crumbs.
- ☐ Add the half & half and stir well. I used the full amount, but you might want to start with just 3/4 cup to make sure the dough is still firm enough to handle. Dough should be soft, but not so soft that you can't shape it into a circle. Dump though dough out onto a piece of parchment paper and shape it into an 8 inch circle a little less than an inch thick. Wetting your hands lightly very will help with this part. Score the dough into 6 triangles but don't separate them yet.
- ☐ Put the circle of triangles on a plate and freeze for a few hours or until stiff. When stiff, separate the triangles and put in a freezer bag. When you are ready to bake the scones, remove from the bag and set on a baking sheet. Preheat oven to 375 degrees F. Rub scones with a mixture of egg and milk if desired or just brush with some half half. You can also sprinkle the tops with cinnamon sugar if you like.
- ☐ Bake for 20 minutes.

Nutrition Facts



 PROTEIN **7.78%**  FAT **35.58%**  CARBS **56.64%**

Properties

Glycemic Index:61.68, Glycemic Load:18, Inflammation Score:-4, Nutrition Score:10.314782690743%

Nutrients (% of daily need)

Calories: 332.07kcal (16.6%), Fat: 13.46g (20.7%), Saturated Fat: 7.59g (47.44%), Carbohydrates: 48.19g (16.06%), Net Carbohydrates: 45.36g (16.49%), Sugar: 22.72g (25.25%), Cholesterol: 62.78mg (20.93%), Sodium: 309.09mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Manganese: 1.02mg (50.97%), Selenium: 18.03µg (25.76%), Phosphorus: 204.16mg (20.42%), Calcium: 186.84mg (18.68%), Vitamin B1: 0.22mg (14.41%), Vitamin B2: 0.2mg (11.98%), Fiber: 2.84g (11.35%), Iron: 1.91mg (10.62%), Magnesium: 42.08mg (10.52%), Folate: 33.66µg (8.42%), Vitamin A: 401.28IU (8.03%), Zinc: 1.11mg (7.42%), Vitamin B3: 1.37mg (6.84%), Copper: 0.13mg (6.31%), Vitamin B5: 0.53mg (5.28%), Potassium: 177.02mg (5.06%), Vitamin B6: 0.1mg (4.97%), Vitamin E: 0.53mg (3.51%), Vitamin B12: 0.19µg (3.14%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.63µg (1.55%)