

BLUEBERRY OAT SCONES

Tender, crisp scones filled with blueberries. Best served warm, with tea or coffee.

 15 minutes

 35 minutes

 16 portions

INGREDIENTS

- 2 cups all-purpose flour, unbleached
- 1 tablespoon baking powder
- 2 tablespoons granulated sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon Kosher salt
- 6 tablespoons salted butter
- 1 tablespoon vanilla extract (not imitation)
- 1 cup light cream (half & half or light whipping cream)
- 1 cup fresh blueberries
- 2/3 cup dry oatmeal (instant or old fashioned, instant will be smaller pieces)

COOKING METHOD

- 1° Preheat the oven to 400 degrees Fahrenheit.
- 2° In a large bowl, sift the flour, baking powder, salt, sugar, cinnamon, and nutmeg together. Add the oatmeal to the sifted ingredients.
- 3° To the dry ingredients, add the butter, and use your hands, two forks, or a pastry cutter to blend the butter into the dry mixture. The butter should be cut or crumbled into little pieces, and the whole mixture should look like sandy bits.
- 4° Add the vanilla and the cream to the mixture, and stir gently to incorporate (overmixing will cause a tough dough). Depending on the weather, you may need to adjust your liquid, so add 1/2 cup at a time to ensure that you get the right amount.
- 5° Gently fold the blueberries into the dough, being mindful to try to keep them as whole as possible.
- 6° Turn the dough out onto a piece of parchment or lightly floured surface. Pat the dough gently into a rectangle, about 10 inches by 12 inches.
- 7° Use a knife or a pizza cutter to cut the dough into 8 squares (three cuts in each direction). Then, cut each square into half on the diagonal to make two triangles. Transfer these to a baking sheet lined with parchment paper, and give them a little space to expand; maybe about 1-2 inches apart.
- 8° Bake the scones for 15-20 minutes, or until they are lightly browned.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (54 g)	% DRI
ENERGY	292 kcal	159 kcal	8 %
FAT	14 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	8 g	4 g	22 %
CHOLESTEROL	37 mg	20 mg	7 %
SODIUM	519 mg	283 mg	12 %
CARBOHYDRATE	36 g	19 g	6 %
SUGARS	6 g	3 g	—
FIBER	2 g	1 g	5 %
PROTEIN	6 g	3 g	—