

## Berry Berry Oatmeal Scones

|       |      |                               |   |     |  |
|-------|------|-------------------------------|---|-----|--|
| 2-1/2 | cups | all purpose flour             | 3 | Tbs | sugar, divided   |
| 3/4   | cup  | regular or quick-cooking oats | 1 | tsp | grated lemon or orange zest (optional)   |
| 1     | Tbs  | baking powder                 | 6 | Tbs | unsalted butter, at room temperature   |
| 1/2   | tsp  | salt                          | 1 | cup | buttermilk   |
| 1/2   | tsp  | baking soda                   | 6 | oz  | Raspberries, Blackberries, Strawberries or Blueberries (mixed or single berry) |



- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper or coat with cooking spray.
- 2 Combine flour, oats, baking powder, salt, baking soda, 2 tablespoons sugar, and zest, in a large bowl. Stir to mix.
- 3 Add butter and beat with an electric mixer just until crumbly. Gradually beat in buttermilk. Fold in berries with a spoon or flexible spatula.
- 4 Place dough on a well-floured work surface and knead gently 8-10 times. Pat into an 8-inch circle about 3/4 inch thick. Cut into 8 even wedges.
- 5 Transfer to prepared baking sheet, leaving space between wedges.
- 6 Bake 18 to 20 minutes until light golden brown. Remove and cool on wire racks. Makes 8 wedge scones.

Servings: 8

Yield: 8 wedge scones

### Degree of Difficulty

Degree of Difficulty: Easy

Oven Temperature: 425°F

### Cooking Times

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Inactive Time:

Total Time: 40 minutes

### Nutrition Facts

Serving size: 1/8 of a recipe (4.1 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving         |               |
|----------------------------|---------------|
| Calories                   | 291.4         |
| Calories From Fat (30%)    | 86.09         |
|                            | % Daily Value |
| Total Fat 9.84g            | 15%           |
| Saturated Fat 5.79g        | 29%           |
| Cholesterol 24.12mg        | 8%            |
| Sodium 441.49mg            | 18%           |
| Potassium 134.42mg         | 4%            |
| Total Carbohydrates 44.69g | 15%           |
| Fiber 2.34g                | 9%            |
| Sugar 8.54g                |               |
| Protein 6.52g              | 13%           |

Recipe Type: Bread

### Tips

Substitute 2 oz. Torani Blueberry syrup in place of 2 oz. of the buttermilk.