

TOASTED OAT SCONES

1 ¼ cup old fashion oats
¼ cup steel-cut oats
¼ cup oat bran
1 cup whole wheat flour
½ cup brown sugar
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon ground cinnamon

½ teaspoon baking soda
¼ cup butter, cut up
½ cup sweetened dried cranberries
¼ cup low-fat buttermilk
½ cup applesauce
1 teaspoon vanilla
1 teaspoon butter, melted
1 teaspoon coarse sugar

Place old fashion oats on lightly greased baking sheet. Bake at 450° for 3 minutes or until lightly toasted, stirring once. Cool completely. Combine 1 cup toasted oats, flour, bran, steel cut oats, and next five ingredients; cut in ¼ cup butter with a pastry blender until crumbly. Add dried cranberries, and toss well. Add buttermilk, applesauce, and vanilla, stirring just until dry ingredients are moistened. Turn dough out onto a lightly floured surface; knead lightly 4 times. Pat dough into a 9-inch circle on a lightly greased baking sheet. Brush with melted butter; sprinkle with remaining toasted oats and sugar. Bake at 450° for 11 minutes or until golden. Serve scones warm.

Yields 8 servings. Each contains approximately 220 calories.

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