Maple Oatmeal Scones

Yield:

8 large scones
Ingredients:

1 3/4 cups all-purpose flour
1/2 cup whole wheat flour
1/2 cup quick or old-fashioned rolled oats
1 tablespoon baking powder
1 tablespoon sugar
1 teaspoon salt
1 cup (2 sticks) cold butter, sliced
1/4 cup buttermilk or kefir
1/4 cup pure maple syrup
2 eggs

Egg wash ingredients:

1 egg white
1 teaspoon water
Oats, for sprinkling

Glaze ingredients:

3/4 cup powdered sugar
1/2 teaspoon vanilla extract
3-4 tablespoons pure maple syrup
Instructions:

1.
In a large mixing bowl, combine the flours, oats, baking powder, sugar,
and salt. Cut in the butter, using a fork or a pastry blender, until
butter is in pea-sized lumps. Some remaining lumps of butter are

perfectly fine, and help make flakier scones.

2. In a small bowl or a 2-cup measuring cup, combine the buttermilk,
maple syrup, and eggs, beating lightly to mix. Add to dry ingredients
and stir gently until a thick ball of dough forms.

3. With clean hands, gently knead the ball of dough a few times.
Dough should be slightly sticky/wet. Just gently form the dough into a
ball and then start flattening it into a large circle, about an inch
thick. You can flatten the dough on a lightly-floured surface, or right
on a large baking sheet.

4. Using a pizza cutter or knife, cut the circle of dough into 8
wedges. (If you want smaller scones, either cut the dough into 12
wedges, or make two, smaller circles of dough and cut each into 6-8
wedges.) Place the wedges on a baking sheet, either in circle (close
together) or else separated (like cookies).

5. In a small bowl, lightly beat the egg white and teaspoon of water.
Brush a thin layer over the tops of the scones. Sprinkle lightly with
oats.

6. Bake scones at 400 degrees for 20-25 minutes or until lightly browned and done inside. Place scones on a wire rack to cool.

7. To make glaze, put powdered sugar in a small bowl or a 1-

cup
measuring cup. Add vanilla extract, and then use a fork to stir in
enough maple syrup to make a glaze that will drizzle.

8. Drizzle glaze over hot or warm scones, or wait until scones are
cooled. More glaze will run off of hot scones, so let them cool a little
if you want a thicker glaze. (I prefer the glaze to end up on my scones
rather than mostly on the counter!) Enjoy!

Scones are best enjoyed within a day or two of being made, although they'll keep longer. Store these in a sealed container or bag.



Maple Oatmeal Scones

This recipe is taken from Tammy's Recipes.

Cinnabon Cinnamon Rolls (copycat recipe)

Yield:

12 large cinnamon rolls (a FULL 9×13 dish!)
Ingredients:

1/2 cup boiling water
1 cup milk
1/4 cup (1/2 stick) butter, melted
1 tablespoon sugar
1/2 teaspoon salt
1 egg, beaten
4 cups bread flour or all-purpose flour
1 box (3.4 ounces) instant (no-cook) vanilla pudding mix
2 1/2 teaspoons active dry yeast or instant active dry yeast

Filling:

1/2 cup (1 stick) butter, softened
1 cup brown sugar
4 teaspoons ground cinnamon
1/4 cup chopped walnuts, optional
1/4 cup raisins, optional

Frosting:

4 ounces cream cheese, softened
1/4 cup (1/2 stick) butter, softened
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
3 tablespoons pure maple syrup
~1-2 teaspoons milk
Instructions:

**See additional notes below for making this dough in a bread

machine**

1. In a large mixing bowl, combine the hot water with the cup of
(cold) milk to make a warm milk-water mixture. Add the butter, sugar,
salt, egg, and a cup of the flour. Stir to mix.

2. Without stirring between, add 2 more cups of flour, the vanilla
pudding mix, and the dry yeast. Then stir to make a sticky dough. Add
more flour as needed (about a cup more, or as much as it takes to make a
smooth dough) and stir until too thick to stir.

3. Use clean hands to knead dough for 10-15 minutes, until smooth and
elastic. With buttery hands, grease the top of the dough and cover the
bowl of dough with a clean towel. Place in a warm location* and let rise
until double, about an hour.

4. Gently punch down dough ad knead for a minute or two, to remove
excess air bubbles. On a lightly floured surface, roll dough into a
rectangle about 12 inches by 17 inches.

5. Combine the first three filling ingredients and mix well. Heat in
microwave 10 seconds to make spreadable. (It’s okay if it’s fairly
thick.) Spread over rolled dough, covering as much of the surface as
possible. Sprinkle nuts and raisins over dough if using.

6. Starting with the widest end, roll dough into a tight log.

Pinch
edges to seal. With a thin sharp knife (I use a serrated knife), cut log
into 12 equal slices. Place rolls in a lightly greased 9×13-inch glass
baking dish. Cover with a clean towel and place in a warm location to
rise until nearly double in size, about 30-45 minutes.

7. Bake rolls in a preheated 350 degree oven for 25-35 minutes. After
about 20 minutes of baking, check on rolls and cover loosely with foil
if they are getting too dark. Rolls can stay in the dish after baking;
set the dish on a wire rack and cover with a clean towel to let it cool.

8. To make the frosting, cream the butter and cream cheese. Add
powdered sugar, vanilla, and maple syrup and beat. Add enough milk to
make a spreadable consistency, about 1-2 teaspoons.

9. Frost rolls while they are still warm for a drizzly melty look! Enjoy!



Cinnabon Cinnamon Rolls (copycat recipe)

This recipe was taken from Tammy’s Recipes.

Energy Bars

A chewy oatmeal chocolate chip granola bar
Yield:

36 Bars
Ingredients:

9 1/2 cups quick-cooking rolled oats
2 cups brown sugar
1 cup (2 sticks) butter
1/2 cup corn syrup
1/2 cup unsweetened flaked coconut
1/2 cup semi-sweet chocolate chips
1/2 cup raw sunflower seeds
1/4 cup goldren ground flaxseed
1/4 cup raw sesame seeds
1/4 cup water

Instructions:

1.
In a large bowl, mix oats and brown sugar. Melt butter in a small pan
or bowl, and add corn syrup to butter. Stir butter mixture into oat
mixture and mix well.

2. Add remaining ingredients and stir well. Grease two baking sheets
(11×15-inch) and divide mixture evenly on both sheets, pressing flat
with a pancake turner.

3. Bake at 350 degrees for 18 minutes, until edges are lightly browned. Remove sheets from oven and place on wire racks. Cut after 6
minutes (set timer!) with a pizza cutter, using a butter knife to cut
the edges that the pizza cutter won’t get. Cover with a clean towel
while cooling.

Store energy bars in an airtight container or bag. These keep well, but will get more crumbly after a week or so, so freeze any extras that won’t be eaten within 7-10 days.



Homemade Energy Bars

This recipe was taken from Tammy’s Recipes.