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.



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This recipe is taken from Tammy's Recipes.