

Blueberry Oat Scones

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| <u>Code</u> |
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| <u>Nutrition Facts:</u> | |
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| Yield | 12 servings |
| Calories | 118 |
| Total Fat | 3.1 g |
| Sat Fat | 0.5 g |
| Sodium | 404 mg |
| Added Sugar | 4 g |
| Fiber | 2.5 g |
| Vitamin K | 10% DV |
| *Nutrition facts are for 1 serving | |

Ingredients Needed:

- 1 cups whole oats, ground
- 1 cup whole wheat pastry flour
- 1/4 cup sugar
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 cup low fat plain yogurt
- 2 tablespoons canola oil
- 1/2 pint blueberries
- 1 teaspoon grated lemon zest

Recipe Directions:

- Preheat oven to 400 degrees.
- In a large bowl, whisk together the ground oats, flour, sugar, baking powder, baking soda, and salt.
- In a measuring cup stir together the yogurt and oil.
- Make a well in the center of the flour mixture and add the yogurt mixture. Add the blueberries and lemon zest and stir just until blended.
- Drop by 1/4 cups onto the baking sheet.
- Bake until lightly browned, 12-15 minutes