

Mom H's Steel Cut Oat Scones

Description

1 ½ cup spelt flour
1 ¼ cups steel cut oats
1/4cup of sugar
1 tbsp baking powder
½ tsp salt
2/3 cup melted coconut butter
½ cup of milk + 1tsp if needed
1 egg
½ cup of blueberries
¼ cup dark chocolate
¼ of chopped nuts

Topping :
1 egg beaten
2tbsp sugar

Soak oats with milk at least 1 hour or over night. Heat oven to 450 F. Mix all dry ingredients. Add berries ,chocolate & nuts; add oats. Mix all wet ingredients and add to dry ingredients. Do not over blend; if too dry add extra milk. Roll dough out on floured surface to 1 inch thickness and cut out with a 2inch cutter. Place on cookie sheet lined with parchment paper. Brush with beaten egg and sprinkle with sugar. Bake for about 15 minutes or until done. Makes about 14 scones

Summary

Yield: 14

Prep Time: 1 1/2 hours

Category: Breakfast

Ingredients

Instructions