

Granola Scones

½ cup	slow cooking oatmeal	125 mL
1	egg, beaten	1
2/3 cup	buttermilk	150 mL
1 tsp.	vanilla	5 mL
¾ cup	unbleached all purpose flour	175 mL
½ cup	whole wheat flour	125 mL
½ cup	ground flaxseed	125 mL
2 tbsp.	granulated sugar	25 mL
2 tsp.	baking powder	10 mL
½ tsp.	baking soda	2 mL
½ tsp.	ground cinnamon	2 mL
½ tsp.	salt	2 mL
1/3 cup	butter or margarine	75 mL
½ cup	currants	125 mL
¼ cup	sliced natural almonds	50 mL
2 tbsp.	raw sunflower seeds	25 mL
1	egg white	1
1 tbsp.	each sliced almonds, oatmeal and sunflower seeds	15 mL
1 tsp.	whole flaxseed	5 mL

- Preheat oven to 375° F (190° C)
- In a large bowl combine oatmeal, egg, buttermilk and vanilla. Let stand 5 minutes.
- In a large bowl combine the flours, ground flaxseed, sugar, baking powder, baking soda, cinnamon and salt.
- Cut in butter. Rub lightly with fingertips until mixture resembles coarse crumbs.
- Stir in currants, almonds and sunflower seeds.
- Stir buttermilk mixture into dry ingredients and mix just until moistened.
- Turn dough onto floured surface and knead six to eight times. Dough will be sticky.
- Flatten into an 8 inch (20 cm) round cake pan.
- Whisk egg white and water. Brush over dough.
- Sprinkle with almonds, oatmeal, sunflower seeds and flaxseed. Score dough into 8 wedges.
- Bake 25 to 30 minutes or until wooden pick inserted in centre comes out clean.
- Cool in pan 5 minutes. Remove from pan and cut into 8 wedges. Serve warm.

Yield: 8 servings

Serving Size: 1 wedge

Single Serving Nutrient Values

Calories	311
Protein	9.21 g
Carbohydrate	35.09 g
Fiber	6.14 g
Fat	16.98 g
Saturated	3.29 g
Monounsaturated	6.65 g

Polyunsaturated	6.25	g
Cholesterol	23.93	mg
Folate	36.49	mcg
Potassium	323.40	mg
Sodium	432.71	mg