

Maple Oat Scones makes 8 servings

- \*1 3/4 cups all purpose flour
- \*1 1/2 cups old fashioned oatmeal (NOT quick)
- \*2 tsp baking powder
- 10 Tbsp, cold butter, diced
- 1/3 cup heavy cream
- \*1/4 cup maple syrup (the real stuff)
- 1 large egg
- \*1/2 cup walnuts, chopped (optional)

Heat oven to 425 degrees.

Combine flour, oatmeal and baking powder in large bowl.

Add in butter and blend it in with either your clean hands or a pastry cutter till its small pieces. (Remember the part about small children helping)

Add egg, cream and maple syrup. Stir with a wooden spoon or rubber spatula till well combined. Stir in walnuts.

Place on an un-greased cookie sheet and flatten into a circle that is about 1 inch thick. Using a butter knife dipped in flour cut it into 1/2, then 1/2 again, keep cutting pieces in half till you get 8 triangles.

Bake for 15-18 minutes until the top is lightly browned.

Cool slightly, apply butter or jelly/jam and eat up!

These can also be cooled and stored in an airtight container up to 2 days. Any longer and they need to be frozen.