



BLUEBERRY BREAKFAST SCONES

Makes 12 servings | Serving size: 1 scone

PREP TIME
10 min

COOK TIME
20 min

TOTAL TIME
30 min

Scones are a delicious treat to start your day off, but, like many traditional baked goods, they can be high in calories due to the amount of sugar and butter that's used. We used mashed bananas as a natural sweetener to replace the sugar, and Greek yogurt to replace the butter, making our version just as tasty, but also lower in calories and higher in vitamins, minerals, and protein.



Ingredients

- 1 cup old fashioned oats
- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1 teaspoon cinnamon
- 2 very ripe bananas
- 2 tablespoons 0% Greek yogurt
- ½ cup shredded almonds
- 2 teaspoons vanilla extract
- ⅔ cup milk (1%)
- 2 cups blueberries (fresh or frozen)
- ¼ cup unsweetened coconut

Directions

1. Preheat oven to 400°F.
2. In a medium bowl, mix oatmeal, flour, baking powder, and cinnamon.
3. In a large bowl, mash the bananas. Add yogurt, almonds, vanilla, and milk. Mix.
4. Add dry ingredients and blueberries to the banana mixture, stirring until combined.
5. Roll into a circle (about ¾ of an inch thick) and cut into wedges, like slices of a pie.
6. Grease a cookie sheet and place the scones on a pan so they are not touching.
7. If desired, top scones with turbinado sugar or some extra oats.
8. Bake for 18-22 minutes until slightly golden and the scones hold their shape.