

Seasonal Eating
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Whole Grains Can Be Light and Delicious
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When the weather turns cooler, I always get the urge to bake. There is something about the smell of baked goods, hot from the oven that just envelops me in comfort. My Mom would always make big batches of quick breads in the fall and put them in the freezer to use during the cooler months and holidays. One of my favorite baked goods is scones.

I was introduced to scones on a trip to Seattle to visit my Aunt, years ago. She made scones for breakfast and they were so good. She used a mix from a little local shop, so my Mom and I bought several packets and brought them back on the airplane so we could have them at home. Luckily, we have since learned that you can make these wonderful, biscuity treats from scratch right at home.



My latest favorite version of scones uses white whole wheat flour and oats. Whole grains are important for their vitamins, minerals and fiber that are stripped from more refined grains. But when the bran is left on whole wheat, it makes a coarser, brown flour and many people object to the texture and flavor, which is a little bitter.

The solution to this dilemma between tasting good and good for you, is white whole wheat flour. Found on the grocery store shelf beside the white flour (refined) and whole wheat flour, white whole wheat flour is ground from a different type of wheat - a hard white spring or winter wheat. The whole grain is still used for more fiber and nutrients but it has a lighter texture and color that makes for great baking. If you are using a recipe that calls for whole wheat flour just substitute one for one. However, if you are replacing white flour in a recipe, you can generally replace half of the flour with whole wheat or white whole wheat. If it turns out well, you can experiment with further percentages of whole grain.

The scones also use rolled oats, which are also a whole grain. Just use a spice grinder or small food processor to grind up the oats into a flour. It gives a great texture to the scones along with some dried cranberries and toasted walnuts.

The recipe makes two rounds cut into six wedges each. They are good heated up in a toaster oven or you can freeze them for later also.

So grab a cup of tea and have a whole grain scone for breakfast or afternoon snack!

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Whole Wheat Oat Scones with Cranberries and Walnuts

1/2 cup rolled oats
1 1/2 cups white whole wheat flour
1/3 cup sugar
1 tablespoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
6 tablespoons cold butter, cut into pieces
Zest of 1 orange
1/2 cup dried cranberries
1/2 cup chopped toasted walnuts
1 egg
1/2 cup well shaken buttermilk
Coarse or regular sugar for tops

Place the oats in a small food processor or spice grinder, and pulse until fine. Place in a large bowl and add wheat flour, sugar, baking powder, baking soda and salt. Mix together and add butter pieces. Using a pastry blender or forks, cut the butter into the flour mixture until the size of peas. Add orange zest, cranberries and walnuts, stirring to combine. Mix together the egg and buttermilk and add to the dry ingredients, mixing just until moistened. Pat out into two rounds, about 1/2" thick, on a parchment lined baking sheet. Brush with buttermilk and sprinkle with coarse (or regular) sugar. Cut each round into 6 wedges, leaving the wedges together. Bake at 450 degrees for 12-15 minutes, until golden brown.