

Honey Oatmeal Scones



Ingredients

- ½ cup unsalted butter
- ½ cup (no sugar added) applesauce
- 2 cup rolled oats
- 4 egg whites
- ½ cup honey
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- ¾ cup brown sugar
- 1 tsp. baking soda
- 2 tsp. vanilla
- ½ cup pecans, chopped
- ½ cup dried cranberries

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, beat unsalted butter and applesauce with a mixer until combined. Add the brown sugar and continue to beat until fluffy. Add honey, egg whites and vanilla.
3. In a separate bowl, combine flour, baking soda, rolled oats, pecans and dried cranberries.
4. Slowly add the dry ingredients to the large bowl and mix well with a wooden spoon.
5. Place a tablespoon-size drop of dough onto lightly greased baking sheet about 2 inches apart.
6. Bake for about 16-18 minutes, or until edges are brown. Let the scones cool for a few minutes on sheet before removing them. Finish cooling on wire racks.
7. Enjoy!

*Yield 20 servings, serving size: 2 scones. Calories: 182.
Fat: 7.12 g. Cholesterol: 24 mg. Sodium 71.5 g. Carbohydrates: 23.4 g.
Fiber: 2.05 g. Sugar: 24.1 g. Protein: 3.42 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*