

Cranberry Orange Scones

Prep Time: 10 minutes

Cook Time: 17 minutes

Total Time: 27 minutes

Yield: 12 scones

Serving Size: 1 scone

Recipe adapted from [The Looneyspoons Collection](#)

Ingredients

- 1.5 cups all-purpose flour
- 1/2 cup oat bran
- 1/3 cup sweetened dried cranberries, chopped
- 1/3 cup or brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1 cup low-fat buttermilk
- 2 Tbsp unsalted butter, melted
- 1/2 tsp vanilla extract
- zest of 1 orange
- 1 egg

Instructions

1. Preheat oven to 400F. Spray a large baking sheet with olive oil and set aside.
2. In a large bowl, combine flours, oat bran, cranberries, sugar, baking powder, baking soda, and salt.
3. In a medium bowl, whisk together buttermilk, butter, orange zest, and vanilla. Add wet ingredients to dry ingredients.
4. Stir until a soft dough forms. Add a bit more flour if dough is too sticky (I had to add about 2 Tbsp).
5. Turn dough onto a lightly floured surface and divide into 2 pieces. Shape each piece into a ball. Place balls on baking sheet and pat dough to 3/4-inch circles, about 6 inches in diameter. Using a sharp knife, cut each circle into 6 wedges, but do not separate them.
6. To make the glaze, lightly beat egg with 1 Tbsp of water in a small bowl. Brush glaze lightly over top of dough (you will use less than half of the glaze).
7. Bake scones for 15 - 17 minutes, until scones are puffed up and golden.
8. Cool slightly. Pull apart scones and serve warm.
9. These also freeze really well.

Notes

Cal: 120 **Protein:** 5g **Fiber:** 1g **Carbs:** 24g **Fat:** 3g **Sodium:** 257mg