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Scottish Oat Scones ♦♦

Scottish oat scones are a traditional Scottish baked good made with oats. They are often enjoyed for breakfast or as a snack. The scones have a hearty texture and a slightly sweet taste.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	Oats
250 g	All-Purpose Flour
50 g	Sugar
2 tsp	baking powder
1 tsp	salt

100 g Butter

250 ml Milk

Directions

Step 1

Preheating

Preheat the oven to 200°C (400°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mix together the oats, flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Cut the butter into small pieces and add it to the dry ingredients. Use your fingers to rub the butter into the mixture until it resembles coarse crumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Slowly pour in the milk while stirring the mixture. Mix until the dough comes together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Kneading

Turn the dough out onto a lightly floured surface and knead it gently a few times to bring it together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Cutting

Roll out the dough to a thickness of about 2 cm (3/4 inch). Use a round cookie cutter to cut out scones.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Place the scones on a baking sheet lined with parchment paper. Bake for 12-15 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Nutrition Facts

Calories: 200 kcal

Fat: 12 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Winter Spring

Events

Christmas

Meal Type

Breakfast Brunch Snack Supper

Course

Breads

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Blood Type Diet

Anti-Inflammatory Diet

Cooking Method

Baking

Difficulty Level

Medium

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