Blueberry Flaxseed Scones adapted by Chef Jen

Ingredients:
2 tablespoons flaxseeds, toasted (see Tips below)
1 ½ cups all-purpose flour
½ cup old fashioned oats
½ tsp cinnamon
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
½ cup cold butter, cut into pieces
1 egg white
1 (6 ounce) container plain fat-free or 2% Greek yogurt
1 ¼ cups fresh blueberries
Rolled oats and/or flaxseeds

Preparation:
1. Preheat oven to 400 degrees F. Line a baking sheet with foil or parchment paper; set aside. Place toasted flaxseeds in a spice grinder and pulse until ground to a fine powder. If you do not have a spice grinder, you can use a meat tenderizer to smash the seeds in a Ziploc bag.

2. In a medium bowl, combine ground flaxseeds, flour, 1/2 cup oats, cinnamon, sugar, baking powder, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in the center of the flour mixture; set aside.

3. In a bowl, slightly beat egg white; stir in yogurt. Gently fold in berries. Add berry mixture all at once to flour mixture. With a fork, stir just until moistened.

4. Turn out dough onto a lightly floured surface. Knead by folding and gently pressing dough for 10 to 12 strokes or until dough is nearly smooth. Pat or lightly roll dough into a 10-inch circle. Cut into 12 wedges.

5. Place wedges 1 inch apart on prepared baking sheet. Brush tops of scones with milk. If desired, sprinkle lightly with additional oats and/or flaxseeds. Bake for 16 to 18 minutes or until golden brown. Serve warm.

Tips: To toast flaxseeds, place in a small dry skillet over medium heat. Cook and stir until the seeds are fragrant and begin to pop. Or if desired, ground flax meal or pre-ground flax seed. Increase pre-ground to 2 ½ Tbsp.