

Adapted from a recipe by The Warren Store, Warren, Vermont

- 2 eggs
- 1 cup milk
- 2 teaspoons pure vanilla extract
- 1/4 cup honey
- 2 cups **Vermont Morning®** cereal
- 2 cups all-purpose flour (or whole wheat pastry flour)
- 1/4 cup of your favorite dried fruit
- 1 tablespoon baking powder
- 1 teaspoons salt (or to taste)
- 12 tablespoons (1½ stick) unsalted butter, melted

1. Start this the night before you want to bake and you won't have so much to do in the morning. If you are baking the same day, mix the grains with the liquid ingredients and give them a couple of hours to soften. If you don't and the dough is too thin, you'll end up with cookies!
2. In medium bowl, whisk eggs until well combined. Add milk, vanilla, honey and whisk again. Stir in **Vermont Morning®** cereal and refrigerate overnight, allowing the grains to soften.
3. In large bowl, stir together flour, dried fruit, baking powder and salt. Cover and set aside for overnight.
4. In the morning, preheat oven to 350°. Lightly butter large baking sheet and set aside.
5. Stir melted butter into the dry ingredients until mixed and then stir in cereal mixture until well combined.
6. Turn dough out onto floured work surface. Divide into three parts and press each into a 1-inch-thick circle. Cut each circle into 8 wedges and transfer to prepared baking sheet.
7. Bake for 12 to 15 minutes or until golden. Don't over cook and dry them out! Makes 2 dozen small scones.
8. For large scones, divide the dough into two parts, press into a circle, and cut larger wedges. Bake 20 – 25 minutes.
9. While the scones are still warm, brush the scone tops with warmed Vermont maple syrup.

Lower-the-Fat Options:

- For the eggs, use an egg substitute.
- For the milk, use skim milk or a plain soy milk.
- For butter, use your favorite butter substitute.