

SCONES THAT LOVE YOU BACK

Dry Ingredients

- 1 cup Quinoa Flakes (I use Ancient Harvest brand)
- 1 cup almond flour
- ¼ cup collagen hydrolysate (I use Great Lakes brand)
- 3 Tablespoons coconut sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon xanthan gum
- ½ teaspoon salt
- Rind of one orange, zested
- ¼ dried cranberries, chopped
- ¾ cup walnuts, chopped
- Have on stand-by: 1 or more Tablespoons of ground flax seed if dough is too wet

Wet Ingredients

- ¼ cup butter, melted (I use Kerrygold brand – from “happy” grass fed Irish cows)
- 1/3 cup orange juice with pulp
- 1 egg, beaten

Glaze

- 1 egg, beaten

Optional

- Turbinado Raw Cane Sugar Crystals to sprinkle on top before baking

Method

Put all dry ingredients into a mixing bowl and stir well to combine.

Add wet ingredients, stirring well to combine and create dough. If the dough seems too wet or sticky to a light touch of finger tips, add 1 Tablespoon of ground flax, stirring well. Flax absorbs moisture. Wait a minute to test dough again before adding another Tablespoon of ground flax if needed.

Turn dough out onto a parchment paper covered baking sheet. Form into a smooth ball and press down to a circle with ½ inch thickness.

For traditional scones: cut into 8 wedges using a knife or pizza cutter; separate slices on baking sheet; follow baking instructions.

For heart shaped scones: use a cookie cutter to press out shapes, reforming scrap dough into another ½ thick layer until all dough is used. OR use my secret method of filling each heart-shaped scone, hand pressing the dough into the shape and level with the top of the cutter. Separate scones on baking sheet.

Apply egg wash using a brush.

Sprinkle just a dab of Turbinado crystals on top of each scone, if desired. It looks nice but is not intended to become a sugar bomb coating.

Bake at 350 degrees 15-20 minutes. My heart-shaped 2 ½ inch across scones take 18 minutes. Scones should be golden brown.

Cool on wire rack.

Enjoy these healthy scones for a delightful start to your day.