Lemon Blueberry Scones

Low-carb, gluten-free, vegan

Ingredients:

Scones

- 1 cup almond flour (blanched)
- ¼ cup coconut flour
- ¼ cup Lakanto monkfruit sweetener (or erythritol)
- ½ tsp baking powder
- ¼ tsp kosher salt
- 2 Tbl unsweetened almond milk
- 2 Tbl coconut oil (room temp, not melted)
- 1 large egg
- ½ Tbl vanilla extract
- ½ cup frozen blueberries (+ an extra smattering)

Glaze

- ½ Tbl coconut milk (full fat)
- ½ Tbl coconut oil (room temp)
- ½ Tbl Lakanto monkfruit sweetener (or erythritol)
- Juice of 1 lemon

Garnish

- Pinch of sea salt
- Pinch of lemon zest

Instructions

1. Preheat the oven to 350 degrees F (177 degrees C). Line a baking sheet with silicone mat.
2. In a medium bowl, combine almond flour, coconut flour, sweetener, sea salt, and baking powder.
3. In a small bowl, whisk together coconut oil, almond milk, vanilla extract, and egg. Fold the wet mixture into the dry until a dough forms. (The dough should be pliable but not crumbly or stiff; add a little more almond milk, a teaspoon at a time, if it's dry.) Fold the blueberries into the dough.
4. Place the dough onto the lined pan and form a disk shape, about 1 in (2.5 cm) thick. Cut into 8 wedges (like pizza). Move the pieces about 1 in (2.5 cm) apart. Bake for about 18-22 minutes, until golden (I bake mine for 18 minutes. Ovens vary-- mine runs hot).
5. Meanwhile, prepare the glaze.
   a. Squeeze 1 lemon into the small mixing bowl (I use a Pyrex measuring glass). Make sure to pull out any seeds that slip through before adding other ingredients.
   b. Add the coconut oil, coconut milk, and sweetener into the bowl.
   c. Microwave on high for 7-10 seconds, stir. Repeat 3-4 more times.
   d. Let it cool almost to room temperature before using (use an infrared thermometer to be sure).
6. Let scones rest at least 30 minutes, then pour the glaze, coating evenly (use a brush if you like). Let the scones rest for at least 30 minutes before serving (they'll break apart if too warm).