

Blueberry Scones

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Scones

Ingredients:

- 1 1/2 cups almond flour
- 1/3 cup coconut flour
- 1/2 cup allulose sweetener (use 1/3 cup if using monkfruit, erythritol, etc)
- 1 1/2 tsp baking powder
- 1/3 cup almond milk
- 3 tbsp avocado oil
- 2 large eggs, room temperature
- 1 tsp vanilla extract
- 1/2 cup blueberries (or about 3 large blueberries per scone)

Glaze

- 1 tbsp almond milk
- 2 tbsp coconut cream
- 1/2 cup powdered sweetener

Directions:

1. Preheat your oven to 350F. Line a large baking sheet with parchment paper and set aside.
2. In a large mixing bowl, add your coconut flour, almond flour, sweetener, and baking powder. Mix well. In a separate bowl, whisk together the almond milk, coconut oil, egg, and an egg yolk, vanilla extract.
3. Fold your dry ingredients into the wet ingredients until combined.
4. Grab a piece of parchment paper, and dust it with almond flour. You're going to knead your dough into a ball. Press down and flatten into a 1" disk. Cut into 8 triangles.
5. Place the scones onto the lined sheet. Add your blueberries on top of your scones. I added about 3 large blueberries per scone.
6. Brush the tops with your remaining egg white and sprinkle extra sweetener over the top. Bake for 20 minutes, or until golden around the edges. At this point, I turned off the oven and let them dehydrate in there for another 5-10 mins.
7. Remove from the oven and let cool completely.

Nutrition:

Nutrition per scone with glaze:

- Calories - 216
- Protein - 7g

- Fat - 18g
 - Sugar - 1.8g
 - Net Carbs - 4g
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