

Blackberry Almond Flour Scones

Ingredients

- 2 c almond flour
- ½ c millet flour
- 2 T coconut sugar (optional)
- 1 t baking powder
- 1/2 t cinnamon
- 1/4 t sea salt
- 2 T coconut oil, melted but not hot
- 2 large eggs
- 1 ½ t vanilla
- Grated zest of 3 oranges
- 3/4 c blackberries

Instructions

1. Preheat oven to 375 and line a baking sheet with parchment paper
2. In a medium bowl, combine the almond flour, millet flour, coconut sugar, baking powder, cinnamon and salt.
3. In another bowl, combine the coconut oil, eggs, vanilla, and orange zest. Stir well
4. Add the egg mixture to the almond flour mixture, stirring well.
5. Gently fold the blackberries into the dough
6. Lay a square piece of parchment paper on the counter.
7. Place the dough on the parchment and flatten into a 1 inch thick disk.
8. Cut the disk in half, then slice each half into 3 wedges, for a total of 6 pieces.
9. Place the scones on the lined baking sheet and bake for 15-20 min, until golden brown.
10. Let cook for a few minutes before serving. Store leftover scones in an airtight container in the fridge for up to 2 days.

Mary-Beth says: *“These scones are quite delicious, gluten free and satisfy the need for a special weekend treat!”*

Recipe courtesy of Mark Hyman, MD and FoodtheCookbook.com