

Food Babe's Blueberry Lemon Scones



Prep Time:	Cook Time:	Total Time:	Serves:
20 mins	30 mins	50 mins	12

<https://foodbabe.com/blueberry-lemon-scones>

Ingredients:

- ½ cup shortening
- 3 cups spelt flour
- ¼ cup coconut sugar
- 3 ½ teaspoons baking powder (Aluminum free)
- ¼ teaspoon sea salt
- 2 tablespoons lemon zest
- ½ cup frozen blueberries
- 1 egg
- ½ cup coconut milk
- 2 tablespoons coconut milk

Lemon Glaze:

- ¼ cup coconut palm nectar
- 1 teaspoon fresh lemon juice

Instructions:

1. Preheat your oven to 350° F.
2. In a small bowl place the shortening in the freezer for 10-15 minutes.
3. In a separate bowl mix together the flour, sugar, baking powder and salt.
4. Cut in the shortening with the back of a fork or pastry cutter until the size of a pea.
5. Add the lemon zest and blueberries and mix gently to combine.
6. In a small bowl mix the egg and the coconut milk together. Add to the dry ingredients and mix only until combined.
7. Roll the dough out on a floured cutting board until it is 1" thick. Cut the scones into your desired shape and put on a baking sheet. Brush with the 2 tablespoons of coconut milk and place in the oven.
8. Bake for 25-30 minutes.
9. While baking make the lemon glaze by combining the coconut palm nectar with the lemon juice.
10. Drizzle on top of each scone when they first come out of the oven.

Notes:

- Please use all organic ingredients if possible