

Healthier Lifestyles - with Coach Linda

www.coachlindajohnson.com

DOWNTON NIGHT: HEALTHY BLUEBERRY SCONES (very light S)

by Nature Amy

Ingredients:

- ¼ cup THM Baking Blend (can substitute 2 tablespoons coconut flour, 1 tablespoon flax meal, and 1 tablespoon almond flour, this would be an S, because it is higher in fat)
- ½ teaspoon baking powder
- dash of salt
- 2-3 teaspoons THM Gentle Sweet (or 2-4 packets Truvia) to taste
- 1 teaspoon coconut oil (or butter)
- 1 egg white (or 2 tablespoons carton egg whites)
- dash of almond milk
- ½ teaspoon vanilla extract OR ½ teaspoon lemon zest
- ¼ cup blueberries (fresh or frozen)

This recipe is the perfect scone consistency with the THM Baking Blend. I have made it a couple times using the easy substitutes of coconut flour, almond flour, and flax meal and it tastes wonderful. These flours/meals and Truvia can be found at most grocery stores.

Heat the oven to 400 degrees Fahrenheit. Or you can Microwave to cook, see below.

1. Mix the baking blend, baking powder, salt, and sweetener together in a bowl. Add the coconut oil and mix together so that it is crumbly and a biscuit-like consistency.
2. Add the egg white and mix together. If it seems too dry, add a dash of almond milk.
3. Mix in the blueberries – fresh blueberries are amazing, but frozen will work just fine. If you want a lemony taste, add lemon zest (or a bit of lemon juice). If you don't care for lemon, vanilla is great, too.
4. Place parchment paper on your baking sheet and dump the dough onto it. Form the dough into a square and then cut it through the center to separate into two beautiful triangles.
5. Bake in the oven for about 15 minutes until just golden. Let cool a bit and enjoy! BUT, if you are really in a hurry, put the dough onto parchment paper on a plate like above and Microwave 2 minutes on high.