
Vegan Vanilla Scones

Cook Time: 25 min

prep Time: 10 min

total Time: 35 min

servings: 8

Ingredients:

1 cup almond flour
1 cup spelt flour (or gluten-free oat flour)
1 tablespoon baking powder
1/2 teaspoon salt
5 tablespoons (65g) coconut oil, cold in chunks
3 tablespoon maple syrup
1/2 coconut yogurt (or coconut cream + teaspoon lemon juice)
1/2 teaspoon vanilla extract

Vanilla Coconut Cream (optional):

1/4 cup coconut butter (coconut manna)
2 tablespoons maple syrup
1/2 teaspoon vanilla extract
1/4 cup coconut yogurt (or coconut cream)

Instructions:

To make the scones:

1. Pre-heat the oven to 375F or 180C. Line a baking sheet with a silicone mat or parchment paper.
2. In a food processor place the flours, baking powder, and salt. Pulse a few times just to mix. Add the cold coconut oil chunks and pulse a about 10 times until the the coconut oil is the size of peas or smaller.
3. Add the maple syrup, yogurt and vanilla. Pulse just to combine and no dry flour is visible.
4. Transfer the mixture to a piece of parchment paper and bring it together to form a rough ball. Try not to overwork it as the warmth of your hands will start to melt the coconut oil. Flatten down to about 3/4 inch thick. At this point you can wrap the dough in plastic wrap and chill it in the fridge, this is important if you use the oat flour which is slightly softer. Use a 2 inch cookie cutter to cut out circles of dough. Transfer the dough circles to your lined baking sheet, spacing them 2inches apart.
5. Bake for 18-20 minutes until golden brown. Cool slightly on a cooling rack, just until cool enough to eat. Enjoy!

To make the cream:

1. In a small saucepan combine all the ingredients and warm up over low heat whisking frequently until smooth.
2. Let cool to room temperature before using.

Notes:

See the recipe intro for suggested variations. To make the recipe gluten-free use oat flour as a replacement for the spelt flour.