

Apple Cinnamon Scones

9 ingredients · 40 minutes · 8 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, mix the ground flax with water. Set aside to thicken.
3. In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
4. Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
5. Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
6. Remove from oven, let cool slightly and enjoy immediately.

Notes

Leftovers

Store at room temperature in an air-tight container up to 3 days, or freeze.

Serve it With

Our Pumpkin Spice Latte, Homemade Chai Tea, or Hot Chocolate recipe.

Extra Flavour

Serve them with butter, ghee, nut butter or our Strawberry Chia Seed Jam.

Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.

Ingredients

- 2 **tbsps** Ground Flax Seed
- 3/4 **cup** Water
- 2 **cups** All Purpose Gluten-Free Flour
- 1 **tbsp** Baking Powder
- 1/4 **cup** Coconut Sugar
- 1/2 **tsp** Sea Salt
- 1 **tsp** Cinnamon
- 1/3 **cup** Coconut Oil (room temperature)
- 1 Apple (medium, diced)