

Blueberry Cardamom Scones

Ingredients

- 1 ½ cups almond flour (sifted)
- ¼ cup cassava flour or arrowroot starch
- 1 TBSP baking powder
- 1 tsp Ceylon cinnamon
- 1 tsp ground cardamom
- 1 cup frozen blueberries
- ¼ cup cold butter (grated then freeze for 5 minutes)
- 1-2 TBSP honey or maple syrup
- ¼ cup coconut milk (room temp)
- 1 tsp vanilla extract
- 1 tsp almond extract
- 1 egg (room temp)
- 2 TBSP sliced almonds (for topping)

Method

1. Preheat oven 375F. Shred the cold butter with a cheese grater and put it in the freezer while you gather the rest of the ingredients.
2. Combine the dry ingredients into a bowl and mix until well combined.
3. In another bowl combine your wet ingredients and mix together well.
4. Add the frozen grated butter to the dry mixture to coat the frozen butter
5. Add the frozen blueberries and the wet mixture to your dry ingredients and fold together. Do not over mix.
6. Butter or spray a 9x1 ½ inch round foil dish and add your mixture to the dish
7. Once you have spread the delicious mixture into the dish, use a pastry cutter and divide the dough into 6 by pushing straight down onto the pastry cutter. This is to make an imprint for each separated scone and it will be easier to divide once they are cooked. Sprinkle the slivered almonds over the top and bake for 30-35 minutes.