



Blueberry Scones ~ Paleo

A dear friend shared this with me and told me it was delicious! She was so right! This recipe *was* delicious! The best part--it's paleo, gluten-free and includes natural sweetener with the real maple syrup. We made it as follows but you can change the nuts, fruit and oil/butter to your liking. The original recipe called for all extra virgin coconut oil. We adjusted by doing half coconut oil and half butter. Since coconut isn't a favorite, it was perfect for me and my family. This would be awesome with fresh raspberries too. This recipe is now a regular option for breakfast. Try it; you're going to LOVE it!

Ingredients

- 1 1/2 cups cashews (or 1 1/3 cups ground)
- 1/4 cup arrowroot powder
- Pinch of salt
- 1 1/4 cup Fresh or frozen (rinsed and dried) blueberries
- 2 Tbsp. Extra virgin coconut oil
- 2 Tbsp. Butter from grass-fed cows
- 2 Tbsp. Real maple syrup
- 2 tsp. Vanilla extract
- 1 Egg
- Optional: Sprinkle with cinnamon

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Instructions

1. Preheat oven to 350 degrees F.
2. Blend cashews in food processor until powdered.
3. Whisk all the dry ingredients.
4. Whisk the wet ingredients together then stir in the dry.
5. Fold in blueberries.
6. Pour into glass/ceramic baking pan and bake at 350 degrees F for 33 minutes until top is golden brown.
7. Let cool for at least 10 minutes (the cooler it gets, the more delicious!)
8. Slice and enjoy!

Source: Adapted from fedandfit.com for Simply Made Health, LLC