



Cinnamon Apple Scones

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1.5 teaspoons baking soda
- ☐ 3 cups blanched almond flour
- ☐ 4 tablespoons butter frozen cold cut into small pieces (preferably)
- ☐ 2 large eggs
- ☐ 1 small fuji apple cored peeled cut into thin tiles
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey

☐ 0.5 teaspoon sea salt fine

Equipment

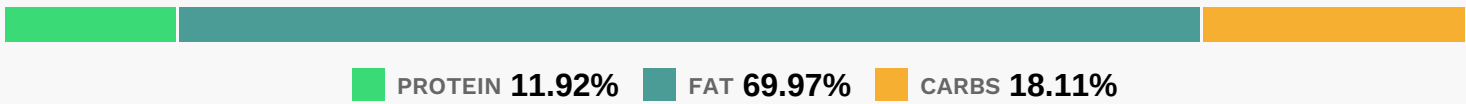
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ spatula
- ☐ pastry cutter

Directions

- ☐ Preheat the oven to 350°F with the rack in the middle position, and line a rimmed baking sheet with parchment paper.
- ☐ In a large bowl, combine the almond flour, baking soda, and fine sea salt. Use your hands or a pastry cutter to work the pieces of cold butter into the dry ingredients until a crumbly mixture is produced. Then, mix the cinnamon into the almond flour mixture.
- ☐ In a separate bowl, thoroughly whisk together the eggs, apple cider vinegar, and honey.
- ☐ Make a well in the middle of the dry ingredients, and pour the egg mixture into it.
- ☐ Gently mix with a spatula until a wet, chunky dough forms, and then throw in the apple.
- ☐ Combine the ingredients with your hands, and form a ball of dough.
- ☐ On a sheet of parchment paper or a nonstick surface, gently flatten the ball with your hand. The round of dough should be about 3/4 inch thick. Using a pastry cutter or a sharp knife, cut the dough into 6 equal-sized wedges, and arrange them on the parchment-lined baking sheet.
- ☐ Bake for 20 to 25 minutes, rotating the tray halfway through. The scones are ready when they're golden brown, and an inserted toothpick comes out clean.

- ☐ Transfer the scones onto a wire rack to cool slightly before serving.
- ☐ This isn't just another subpar substitute for the real thing. It's BETTER than scones made with wheat flour!
- ☐ BONUS RECIPE!
- ☐ In the mood for Dark Chocolate Cherry Scones instead? Follow the same recipe, but leave out the cinnamon and apple.
- ☐ Add 1 teaspoon of vanilla extract in step
- ☐ Then, in step 5, add 3 ounces of super dark chocolate, cut into bite-size chunks, and 1/4 cup of dried cherries.
- ☐ Reprinted with permission from Nom Nom Paleo: Food for Humans by Michelle Tam + Henry Fong. Nom Nom Paleo copyright © 2013 Michelle Tam & Henry Fong. Published by Andrews McMeel Publishing, LLC.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:3.94, Inflammation Score:-2, Nutrition Score:4.6382608361866%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 443.22kcal (22.16%), Fat: 36.92g (56.8%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 14.78g (5.38%), Sugar: 10.38g (11.54%), Cholesterol: 82.07mg (27.36%), Sodium: 551.88mg (23.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.3%), Fiber: 6.72g (26.89%), Iron: 2.51mg (13.94%), Calcium: 134.89mg (13.49%), Selenium: 5.28µg (7.55%), Vitamin A: 337.63IU (6.75%), Vitamin B2: 0.09mg (5.21%), Manganese: 0.09mg (4.51%), Phosphorus: 38.87mg (3.89%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.16µg (2.74%), Folate: 9.02µg (2.25%), Vitamin D: 0.33µg (2.22%), Vitamin B6: 0.04mg (2.05%), Potassium: 60.58mg (1.73%), Zinc: 0.26mg (1.72%), Vitamin C: 1.19mg (1.44%), Vitamin K: 1.35µg

(1.29%), Copper: 0.02mg (1.15%), Magnesium: 4.02mg (1.01%)