



Gluten-Free Cherry Oat Scones



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



409 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 4 cups superfine brown rice flour
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup dairy-free
- ☐ 0.5 cup cherries dried
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.3 cups old-fashioned oats gluten-free

- ☐ 1.3 cups potato flour (not potato flour)
- ☐ 1 cup rice milk
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup tapioca flour (also called tapioca starch)
- ☐ 0.8 teaspoon xanthan gum

Equipment

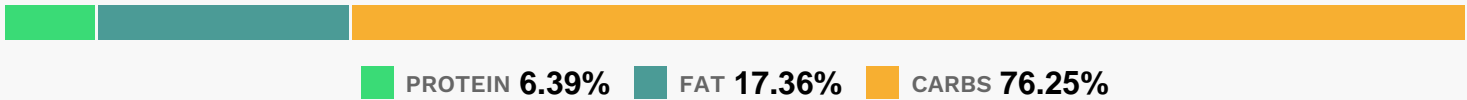
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- ☐ Whisk together 1 cup of the rice milk and the cider vinegar. Set aside. In a large bowl, whisk together the flour mix, xanthan gum, baking powder, granulated sugar, salt, and cinnamon.
- ☐ Add the oats and toss.
- ☐ Add the shortening in pieces, and work in with a pastry blender or two knives until you have a pea-sized crumb.
- ☐ Add the cherries, tossing until combined.
- ☐ Add the rice milk mixture and stir with a wooden spoon until combined but still clumpy. Flour a work surface lightly with a little gluten-free flour mix, and turn out the dough. Lightly flour your hands.

- ☐ Sprinkle the dough with a little flour mix.Divide the dough in half. The dough will be sticky. Shape into two 6-inch disks.
- ☐ Cut the disks into 6 pie-shaped wedges.
- ☐ Transfer the scones to the baking sheet.
- ☐ Brush with the remaining 2 tablespoons rice milk, then sprinkle with sanding sugar.
- ☐ Bake in the center of the oven for 17 minutes, or until lightly golden.
- ☐ Serve warm from the oven, or let cool on a cooling rack.To measure flour, use a large spoon to scoop flour into the measuring cup, then level it off with the back of a knife or straightedge. Do not use the measuring cup itself to scoop your flour when measuring! It will compact the flour and you will wind up with too much for the recipe.
- ☐ Combine all ingredients in a gallon-size zipper-top bag. Shake until well blended. Store in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:7.98, Inflammation Score:-4, Nutrition Score:14.393912991752%

Nutrients (% of daily need)

Calories: 408.7kcal (20.43%), Fat: 7.95g (12.24%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 78.62g (26.21%), Net Carbohydrates: 73.65g (26.78%), Sugar: 10.24g (11.38%), Cholesterol: 0mg (0%), Sodium: 289.12mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Manganese: 2.49mg (124.34%), Phosphorus: 287.29mg (28.73%), Vitamin B6: 0.53mg (26.65%), Vitamin B1: 0.31mg (20.92%), Magnesium: 82.83mg (20.71%), Vitamin B3: 4.06mg (20.29%), Fiber: 4.97g (19.88%), Calcium: 146.45mg (14.65%), Iron: 2.04mg (11.35%), Zinc: 1.7mg (11.31%), Vitamin B5: 1.06mg (10.56%), Potassium: 364.29mg (10.41%), Copper: 0.19mg (9.5%), Vitamin E: 1.06mg (7.08%), Folate: 15.58µg (3.89%), Vitamin B2: 0.07mg (3.84%), Selenium: 2.68µg (3.82%), Vitamin A: 179.42IU (3.59%), Vitamin K: 3.21µg (3.06%)