



Not-So-Squirrely Scones

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup vanilla almond milk (or soy or coconut)
- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup barley flour
- ☐ 0.3 cup extra chocolate chips dark
- ☐ 0.8 cup loose/ bits granola crushed
- ☐ 0.3 cup a less refined granulated sugar
- ☐ 1.5 tablespoons ground flaxseed

- ☐ 3 tablespoons maple syrup
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup ground oats (oat flour)

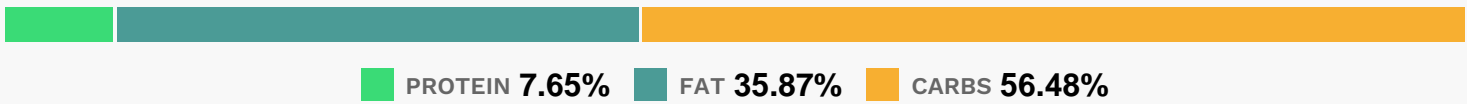
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 350 degrees F and line a baking sheet with parchment paper.In a large mixing bowl, combine the ground oats, flour, baking powder, baking soda, salt, sugar, granola, and hempseeds (if using).In a second bowl, mix the flaxseed and milk and stir very well.Stir in the coconut oil, maple syrup and vanilla.
- ☐ Add the milk mixture to the dry ingredient and stir until blended, then stir in the chips. The batter starts out loose, but as it sits the oats absorb the moisture and it is very easy to work with.Shape the dough into 6 balls and space them evenly on the baking sheet. Press down the tops so that they are mounds rather than balls.
- ☐ Bake at 350 for 22–25 minutes or until edges are brown.
- ☐ Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:39.47, Glycemic Load:14.85, Inflammation Score:-4, Nutrition Score:14.602174016202%

Nutrients (% of daily need)

Calories: 428.83kcal (21.44%), Fat: 17.52g (26.95%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 56.61g (20.59%), Sugar: 20.5g (22.77%), Cholesterol: 0.08mg (0.02%), Sodium:

257.15mg (11.18%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Protein: 8.41g (16.81%), Manganese: 1.75mg (87.66%), Selenium: 19.57µg (27.96%), Phosphorus: 250.88mg (25.09%), Fiber: 5.44g (21.77%), Vitamin B1: 0.32mg (21.32%), Magnesium: 78.37mg (19.59%), Vitamin K: 19.21µg (18.3%), Calcium: 166.43mg (16.64%), Iron: 2.45mg (13.58%), Vitamin B2: 0.22mg (13.2%), Copper: 0.25mg (12.59%), Zinc: 1.85mg (12.33%), Vitamin E: 1.73mg (11.56%), Vitamin B3: 2.13mg (10.64%), Potassium: 297.73mg (8.51%), Vitamin B6: 0.16mg (7.96%), Folate: 16.66µg (4.16%), Vitamin B5: 0.24mg (2.37%)