



## Savoury Pumpkin Scones in a Pumpkin Spiced Glaze

READY IN



40 min.

SERVINGS



8

CALORIES



371 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1.5 tbsp vanilla almond milk
- ☐ 1 tbsp double-acting baking powder
- ☐ 8 tbsp earth balance butter
- ☐ 0.5 cup pumpkin canned
- ☐ 1 tbsp cornstarch
- ☐ 1 chia/flax egg
- ☐ 1 cup flour all-purpose
- ☐ 0.5 tsp ground cinnamon

- ☐ 0.3 tsp ground cloves
- ☐ 0.3 tsp ground ginger
- ☐ 0.5 tsp ground nutmeg
- ☐ 1 cup powdered sugar
- ☐ 0.5 tsp pumpkin pie spice (or)
- ☐ 0.5 tsp sea salt
- ☐ 1 cup grain spelt flour whole
- ☐ 2 tbsp optional sugar- i would add next time
- ☐ 8 servings sugar
- ☐ 1 tsp vanilla extract pure
- ☐ 0.5 tbsp water

## Equipment

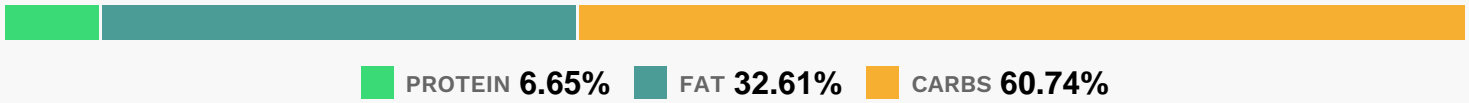
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave
- ☐ pastry brush

## Directions

- ☐ Preheat the oven to 425F and line a baking sheet with parchment of a non-stick mat. In a small bowl mix the chia/flax egg. Set aside. In a large bowl mix the dry ingredients (flours, baking powder, salt, cinnamon, nutmeg, cloves, ginger). Take the cold Earth Balance butter cut butter into dry ingredients until crumbly. In a medium sized bowl, mix the pumpkin, chia/flax egg, and almond milk.
- ☐ Add wet to dry and mix until a ball forms. I got down and dirty and mixed with my hands! On a flour surface place the ball of dough and knead a few times with your hands. Shape the dough into a circle and then cut into 8 triangles. Now mix your vegan egg wash by mixing cornstarch and water and heating in microwave for 30 seconds. Stir well. With a pastry brush, brush on the glaze onto each scone.

Sprinkle with turbinado sugar generously and bake for 14 minutes.Cool for 10–15 minutes.While cooling, make your spiced glaze by beating 1 cup powdered sugar with milk and spice until smooth.When scones are cool ice the scones and serve with a cup of tea or coffee!

Nutrition Facts



Properties

Glycemic Index:49.26, Glycemic Load:11.14, Inflammation Score:-9, Nutrition Score:7.8321738592956%

Nutrients (% of daily need)

Calories: 371.12kcal (18.56%), Fat: 13.34g (20.53%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 50.61g (18.4%), Sugar: 19.35g (21.51%), Cholesterol: 30.53mg (10.18%), Sodium: 402.58mg (17.5%), Alcohol: 0.18g (100%), Alcohol %: 0.22% (100%), Protein: 6.12g (12.24%), Vitamin A: 2738.96IU (54.78%), Fiber: 5.33g (21.32%), Iron: 2.68mg (14.86%), Manganese: 0.27mg (13.56%), Calcium: 108.02mg (10.8%), Vitamin B1: 0.15mg (9.89%), Selenium: 6.01µg (8.59%), Folate: 32.11µg (8.03%), Phosphorus: 67.39mg (6.74%), Vitamin B2: 0.1mg (5.69%), Vitamin B3: 1.04mg (5.19%), Vitamin K: 3.72µg (3.54%), Vitamin E: 0.52mg (3.44%), Magnesium: 13.46mg (3.36%), Copper: 0.06mg (2.99%), Potassium: 66.92mg (1.91%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.22mg (1.46%), Vitamin B6: 0.02mg (1.17%)