



Vegan Cranberry Scones

 Dairy Free

READY IN



37 min.

SERVINGS



12

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.3 cups all purpose flour
- ☐ 12 servings all purpose flour = see my notes below
- ☐ 2.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup coconut oil (solidified)
- ☐ 12 servings coconut oil = butter (I do not recommend using margarine/shortening)
- ☐ 1 cup cranberries fresh frozen chopped
- ☐ 12 servings almond milk = dairy or any non-dairy milk

- ☐ 12 servings fruit dried
- ☐ 0.5 cup milk (I used Almond Milk)
- ☐ 1 tablespoon orange peel grated
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

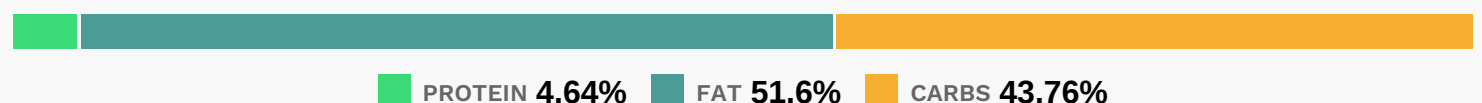
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven at 350F/180C for 15 minutes. Lightly grease a large cookie sheet with non-stick cooking spray. In a large bowl, combine together the flour, sugar, orange peel, baking powder, baking soda and salt.
- ☐ Cut in the coconut oil and mix it using a pastry blender or 2 knives, until mixture resembles coarse crumbs. Stir in cranberries.
- ☐ Add the milk and vanilla extract. Divide the dough into half. On a lightly floured surface pat one half of the dough into 6 inch circle which is 1/2 inch thick.
- ☐ Cut into 6 wedges. Repeat it for the other half of the dough too.
- ☐ Place the scones on the prepared baking sheet and bake for 15–20 minutes until lightly browned. Mine was ready around 17 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.21, Glycemic Load:21.52, Inflammation Score:-2, Nutrition Score:5.0543478176646%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 278.34kcal (13.92%), Fat: 16.44g (25.29%), Saturated Fat: 13.28g (82.99%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 30.14g (10.96%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 188.48mg (8.19%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.32g (6.65%), Vitamin B1: 0.25mg (16.34%), Selenium: 10.56µg (15.08%), Folate: 57.17µg (14.29%), Manganese: 0.24mg (12.11%), Vitamin B3: 1.87mg (9.37%), Vitamin B2: 0.16mg (9.31%), Iron: 1.56mg (8.65%), Calcium: 65.08mg (6.51%), Phosphorus: 50.89mg (5.09%), Fiber: 1.23g (4.9%), Copper: 0.05mg (2.58%), Vitamin C: 1.92mg (2.33%), Magnesium: 7.66mg (1.91%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.23mg (1.55%), Potassium: 45.86mg (1.31%), Vitamin E: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.08%)