



Vegan Lemon Poppy Scones

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 2 cups flour all-purpose
- 1 lemon zest juiced
- 0.8 cup butter
- 2 tablespoons poppy seeds
- 0.5 teaspoon salt
- 0.5 cup soy milk
- 0.5 cup water

0.8 cup sugar white

Equipment

bowl

baking sheet

oven

Directions

Preheat the oven to 400 degrees F (200 degrees C). Grease a baking sheet.

Sift the flour, sugar, baking powder and salt into a large bowl.

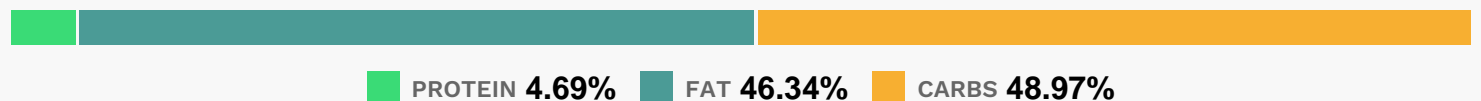
Cut in margarine until the mixture is the consistency of large grains of sand. I like to use my hands to rub the margarine into the flour. Stir in poppy seeds, lemon zest and lemon juice.

Combine the soy milk and water, and gradually stir into the dry ingredients until the batter is moistened, but still thick like biscuit dough. You may not need all of the liquid.

Spoon 1/4 cup sized plops of batter onto the greased baking sheet so they are about 3 inches apart.

Bake for 10 to 15 minutes the preheated oven, until golden.

Nutrition Facts



Properties

Glycemic Index:22.96, Glycemic Load:20.67, Inflammation Score:-5, Nutrition Score:5.4239130692314%

Nutrients (% of daily need)

Calories: 239.21kcal (11.96%), Fat: 12.49g (19.21%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 28.74g (10.45%), Sugar: 12.85g (14.27%), Cholesterol: 0mg (0%), Sodium: 378.39mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin B1: 0.18mg (12.28%), Calcium: 122.22mg (12.22%), Manganese: 0.24mg (12.18%), Vitamin A: 546.38IU (10.93%), Selenium: 7.57µg (10.82%), Folate: 42.71µg (10.68%), Vitamin B3: 1.57mg (7.86%), Vitamin B2: 0.13mg (7.77%), Iron: 1.32mg (7.33%), Phosphorus: 68.09mg (6.81%), Vitamin E: 0.73mg (4.85%), Fiber: 0.95g (3.8%), Copper: 0.07mg (3.48%), Magnesium: 10.75mg (2.69%), Vitamin B12: 0.12µg (2.01%), Zinc: 0.29mg (1.95%), Vitamin B6: 0.04mg (1.9%), Vitamin C: 1.4mg (1.69%), Potassium: 54.24mg (1.55%), Vitamin B5: 0.11mg (1.1%)