



Wholesome Apple Cinnamon Vegan Scones

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 apples shredded peeled
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar divided canned (you can substitute evaporated cane juice (sukanat))
- ☐ 0.3 cup coconut oil softened canned (you can substitute non-hydrogenated dairy-free margarine or shortening)
- ☐ 0.5 cup dairy free vanilla coconut milk beverage unsweetened so delicious®
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 2 cups pastry flour gluten-free whole wheat for other flour options, including (see post above)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat your oven to 425°F and line a baking sheet with a silicone mat or parchment paper.
- ☐ Place the 1/4 cup coconut / palm sugar in your spice or coffee grinder and give it a quick whiz to powder it; this should take more than 10 or 15 seconds. You can skip this step if using brown sugar.
- ☐ Pour the powdered coconut sugar (or brown sugar) into a large bowl.
- ☐ Whisk in the flour, baking powder, baking soda, salt, and cinnamon until everything is well-combined.
- ☐ Add the coconut oil (or other fat) and using a fork or pastry blender, cut it in until the mixture resembles coarse crumbs. Stir in the apple and coconut milk beverage, until the mixture starts to come together. It should be a little crumbly, but fairly easy to handle (not sticky) and easy to form into two balls. If it is too wet, add a little flour, too dry, sprinkle in some more milk alternative. Take those two balls of dough, and gently flatten them into two disks that are about an inch to an inch and a half high on a baking sheet.
- ☐ Sprinkle the scones with the remaining tablespoon of sugar (the stuff you left coarse) or even a little more if desired.
- ☐ Cut or score the disks into 4 or 6 triangles (like a pizza), and bake for 15 to 20 minutes, or until the scones begin to take on a nice golden brown hue on the tops and edges. I like to keep the scones touching as they bake for a pull-apart effect and tender middle.

Nutrition Facts



 **PROTEIN 7.54%**  **FAT 38.33%**  **CARBS 54.13%**

Properties

Glycemic Index:23.05, Glycemic Load:1.25, Inflammation Score:-3, Nutrition Score:9.4973912031754%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 218.09kcal (10.9%), Fat: 10.09g (15.52%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 28.09g (10.22%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 255.3mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Manganese: 1.27mg (63.6%), Selenium: 18.89µg (26.99%), Fiber: 3.95g (15.8%), Phosphorus: 131.67mg (13.17%), Vitamin B1: 0.16mg (10.91%), Magnesium: 42.66mg (10.66%), Vitamin B3: 2mg (9.98%), Calcium: 93.62mg (9.36%), Vitamin B6: 0.17mg (8.31%), Copper: 0.15mg (7.41%), Iron: 1.32mg (7.31%), Zinc: 0.83mg (5.54%), Vitamin B2: 0.08mg (4.99%), Folate: 18.62µg (4.65%), Potassium: 157.4mg (4.5%), Vitamin E: 0.64mg (4.28%), Vitamin B12: 0.16µg (2.65%), Vitamin C: 2.12mg (2.57%), Vitamin B5: 0.2mg (1.96%), Vitamin A: 73.69IU (1.47%), Vitamin D: 0.18µg (1.18%), Vitamin K: 1.2µg (1.15%)