



CRANBERRY ORANGE SCONES

By Dr. Cindy Tanzar
(Maintenance)

These scones are one of my favorite treats. They are very filling and satisfying! The basic recipe is based on one from Dr. Davis' Wheat Belly Cookbook. I would encourage you to purchase this book, as it has other scone recipes, as well as many great recipes for leading a gluten/wheat free lifestyle that is also low glycemic (so it won't raise your blood sugar). This recipe is intended for maintenance only.

Makes 8 scones.



INGREDIENTS:

- 1 cup golden flaxmeal
- $\frac{3}{4}$ cup blanched almond meal/flour
- $\frac{1}{4}$ cup coconut flour
- 1-1/2 tsp aluminum-free baking powder
- $\frac{1}{4}$ tsp fine pink Himalayan salt
- 2 Tbs xylitol, erythritol or coconut sugar (not as low glycemic)
- 5 Tbs cold grass-fed butter
- $\frac{1}{4}$ cup organic heavy cream



- 2 organic pastured eggs
- 1 tsp vanilla extract
- Grated peel of one orange
- ½ cup unsweetened cranberries or ½ cup chocolate chips (stevia sweetened or at least 85% dark chocolate)

DIRECTIONS:

Preheat oven to 350°F. Line a baking sheet with parchment paper. Combine flaxmeal, almond flour, coconut flour, baking powder, salt, xylitol, orange peel and cranberries or chocolate chips in a large bowl.

In a small bowl mix the cream, eggs and vanilla well.

Cut the cold butter into the dry flaxmeal mixture until the size of small peas. Mix wet ingredients into the dry and combine well. You may have to wait a couple of minutes for all the cream to absorb to handle the dough properly.

Evenly divide the dough into 8 pieces and flatten into a 3/4" disc. Bake for 18 minutes.