



# LEMON BLUEBERRY SCONES

By Dr. Cindy Tanzar  
(Maintenance)

These scones are my absolute favorite. I love blueberries, which are low-glycemic and ketogenic-friendly. The lemon rind just accentuates their flavor and adds such a freshness. 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). Remember, this recipe is for maintenance only.



## 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 sea salt
- 2 Tbs xylitol, erythritol or Swerve
- 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 large or two small lemons

2/3 cup fresh blueberries

## DIRECTIONS

Preheat oven to 350°F. Line a baking sheet with parchment paper. Combine flaxmeal, almond flour, coconut flour, baking powder, salt, xylitol (or Swerve), lemon peel 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, while gently folding in the blueberries. 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" thick disk. Bake for 18 minutes.