

Apple Cinnamon Scones.

8 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
3/4 cup Water
2 cups Whole Wheat Pastry Flour
1 tbsp Baking Powder
1/4 cup Granulated Sugar
1/2 tsp Sea Salt
1 tsp Cinnamon
1/3 cup Unsweetened Applesauce
1 Apple (medium, diced)

NUTRITION

AMOUNT PER SERVING

Calories	149	Fiber	5g
Fat	2g	Sugar	3g
Saturated	0g	Protein	3g
Trans	0g	Cholesterol	0mg
Carbs	33g	Sodium	331mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a mixing bowl, mix the ground flax with water. Set aside to thicken.
- 03 In a separate bowl, combine the flour, baking powder, sugar, salt and cinnamon. Mix well, then add in applesauce. Mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
- 04 Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
- 05 Sprinkle the top with a bit of sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
- 06 Remove from oven, let cool slightly and enjoy immediately.

NOTES

LEFTOVERS

Store at room temperature in an air-tight container up to 3 days, or freeze.

EXTRA FLAVOR

Serve with a little jam.

GLUTEN FREE

Try Bob's Red Mill All Purpose Gluten-Free Flour.