A Wellness Minute Recipe

gluten-free Orange Cranberry Scones



INGREDIENTS

1½ cups King Arthur multi purpose flour (gluten-free)

3/4 cup almond flour

1/3 cup sugar

1 tablespoon baking powder

1/4 teaspoon baking soda

1/4 rounded teaspoon sea salt

1/4 tsp xanthum gum

5 tablespoons butter (very cold)

1 whole organic orange zested

1/2 cup organic dried cranberries

3/4 cup canned organic Thai coconut milk (unsweetened)

1 egg

1 tsp vanilla extract

1 tsp orange extract

DIRECTIONS

- 1. Preheat oven to 425 degrees.
- 2. In a food processor, combine flours, sugar, baking powder, baking soda, sea salt, and xanthum gum. Mix very well.
- 3. Add very cold butter and mix into pea sized pieces.
- 4. Add in the orange zest and dried cranberries.
- 5. Add wet ingredients to the dry and mix well.
- 6. On a lightly floured surface, form dough into a wheel shape 1 inch thick and about 6 inches across. Cut wedges like spokes in a wheel, into 8 slices.
- 7. Place on a baking sheet. Bake for 8 to 10 minutes or until golden brown. Transfer to a cooling rack and enjoy.