



8 scones



30 minutes



lavender blueberry scones

ingredients:

SCONES:

- 3 cups whole wheat flour -OR- 1 cup almond + 1 cup coconut + 1 cup cashew flower
- 2 teaspoons baking powder
- 1 teaspoon organic lavender, ground
- pinch of salt
- 1 tablespoon cold {hard} coconut oil
- zest of 1 lemon
- 1 1/2 cups milk of choice
- 1/2 cup blueberries {fresh, or thawed if frozen}
- 1/4 cup coconut sugar or Sucanat

ICING {optional}:

- 1 cup organic powdered sugar
- 2-4 tablespoons lemon juice
- 1/4 teaspoon ground organic lavender

instructions:

1. Preheat oven to 400° and line a baking sheet with parchment paper.
2. Combine the flour, baking powder, salt, and ground lavender in a large bowl and mix well.
3. Cut in the hard coconut oil with a fork or your finger tips working it until the mix is crumbly.
4. Add sugar and lemon zest and mix well again. Add milk and blueberries and mix again.
5. Transfer the dough out onto the baking sheet and form into a circle with your hands or put another piece of parchment paper down and use a rolling pin. Dough should be about 8 inches wide and about 1-2 inches thick.
6. Sprinkle the top with more sugar and gently press into dough.
7. Cut the dough into 8 segments {cut in half 4 times} and gently separate on baking sheet. Bake for 20-25 minutes or until starting to brown.
8. Take out of oven and let cool completely.
9. After scones are cool, make icing {if using} by mixing powdered sugar, lemon juice and powdered lavender. If too thin, add more sugar. If too thick, add more lemon juice.
10. Pull scone segments apart with a spatula and drizzle with icing.

The cuisine of health

- Lavender is a powerful nervine (affects nervous system). It also...
 - dissolves tension in the body.
 - relieves headaches and migraines.
 - helps sleep; gentle sedative.
 - helps to stop panic attacks.
 - reduces skin itching, scars, stretch marks, and wrinkles.