



## Apple Cinnamon Scones

8 servings

40 minutes

### Ingredients

13 grams Ground Flax Seed  
178 milliliters Water  
320 grams All Purpose Gluten-Free Flour  
14 grams Baking Powder  
36 grams Coconut Sugar  
3 grams Sea Salt  
3 grams Cinnamon  
89 milliliters Coconut Oil (room temperature)  
1 Apple (medium, diced)

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, mix the ground flax with water. Set aside to thicken.
- 3 In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
- 4 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.
- 5 Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
- 6 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.  
**Serve it With:** Our Pumpkin Spice Latte, Homemade Chai Tea, or Hot Chocolate recipe.  
**Extra Flavour:** Serve them with butter, ghee, nut butter or our Strawberry Chia Seed Jam.  
**Flour:** This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.