

Helping you live more!™



www.jilltiffany.com

Jill Tiffany, CN, CPT
Nutritionist & Trainer
612.466.0024



Blueberry Scones

- 1 ½ cups almond meal
- ½ tsp Himalayan salt
- 1 tsp. baking powder
- 4 Tbsp. arrowroot powder
- 1 cup blueberries
- ¼ cup coconut oil, melted
- 1 egg
- 1 ½ tsp. vanilla
- ¼ cup pure maple syrup



Mix first 4 ingredients; then add blueberries (frozen berries work best so they don't get mushy). Melt oil and whisk together with the egg, vanilla, and syrup. Add wet ingredient to dry, stirring gently to keep blueberries whole. Press batter gently into an 8" round cake pan lined with parchment paper. Bake @ 350° for 35 minutes. Cool in pan for 10 min, and then lift out parchment paper. I love these warm!

Helping you live more!™
www.jilltiffany.com