



GLUTEN FREE BLUEBERRY AND LEMON SCONES

YIELDS: 12 SCONES

Scones are always a favourite no matter what time of year. There are so many variations and flavour combinations that it's sometimes hard to choose just what kind to make. Here we have combined the classic flavours of blueberry and lemon and added a touch of cinnamon. We have used our Brown Rice Flour for our no-gluten friends and these scones can be easily adapted to be dairy free too. Enjoy them as they are while still a little warm from the oven and with a drizzle of some of the sweet zesty Lemon Glaze over the top for an extra treat. These are a little delicate so feel free to add a touch of Xantham Gum (1 tsp) to the mixture if you wish.



Ingredients

SCONES

- 1 2/3 cup Anita's Organic Brown Rice Flour
- 1 cup potato starch
- 1/3 cup tapioca starch
- 1 1/2 tbsp arrowroot powder
- 4 tsp baking powder
- 1 tsp cinnamon
- 1/2 cup cane sugar
- 1/4 tsp salt
- 3/4 cup cold butter, non-dairy butter or coconut oil (in solid form)
- Zest of 1 lemon
- 2 tbsp lemon juice
- 1/2 cup unsweetened yogurt (regular or dairy free)
- 1/2 cup milk (regular or dairy free)
- 1 tsp vanilla extract
- 1 tsp lemon extract (optional)
- 1 cup blueberries, frozen

LEMON GLAZE (OPTIONAL)

- 1 cup icing sugar
- 1 tbsp lemon juice
- 1/2 tsp lemon zest

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Instructions

1. Line two baking sheets with parchment paper.
2. In a small bowl or jug mix together the lemon zest, lemon juice, yogurt, milk, vanilla extract and lemon extract. Set aside.
3. In a large bowl sift together the brown rice flour, potato starch, tapioca starch, arrowroot powder, baking powder and cinnamon. Stir in the sugar and salt.
4. Cut the butter (or alternative) into teaspoon size pieces and drop into the flour mixture. Using your fingertips or a pastry cutter work the butter into the flour mixture until the butter is fully incorporated. Don't worry if there are a few pea size lumps of fat left. The mixture should resemble wet sand.
5. Make a well in the centre of the flour mixture and pour in the wet mixture. Gently mix everything together until evenly mixed. Add the blueberries and fold them into the mixture.
6. Liberally flour a clean work surface with brown rice flour and scrape the scone mixture onto the floured area. The mixture will be a little sticky but don't be tempted to add too much extra flour at this point, just use enough to make the mixture easier to handle.
7. Divide the mixture into two equal pieces and flatten each one gently into a 6-inch round. Cut each round into 6 equal triangles and transfer them to the lined baking sheets leaving an inch or so distance between each one.
8. Refrigerate the scones for 30 to 40 minutes before baking. While the scones are in the refrigerator preheat the oven to 400°F.
9. When ready bake the scones in the centre of the oven for 15 to 18 minutes, until the scones have risen and they are lightly golden around the edges. Remove trays from the oven and allow to cool down for 10 minutes before transferring to a wire rack to cool fully.
10. Make the optional Lemon Glaze by mixing the icing sugar, lemon juice and lemon zest together in a small bowl until smooth. Add a little more lemon juice or a touch of water if the mixture is too thick. Likewise add more icing sugar if the mixture is too thin. Drizzle glaze over scones before serving.