

From Kathryn's Kitchen
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Lemon Blueberry Scones for Afternoon Tea

Prep Time: 10 minutes
Cook Time: 20-25 minutes
Servings: 8 scones

Ingredients:

- 1 cup Almond Meal
- ½ cup organic Coconut Flour
- ½ tsp Baking Powder
- ¼ tsp Sea Salt
- ½ cup Arbonne Essentials® Vanilla Protein Shake Mix
- ¼ cup Unsweetened Almond Milk
- 2 tbsp Coconut Oil (melted)
- ¼ cup Maple Syrup
- 1 tsp Vanilla Extract
- 1 large Egg
- Zest of 1 Lemon
- ½ cup Blueberries

Directions:

Preheat oven to 350° and line a baking sheet with parchment paper. In a medium mixing bowl sift all the dry ingredients together. In a large mixing bowl whip all the wet ingredients together and then slowly add the dry ingredients and the lemon zest into the large mixing bowl with the wet ingredients and continue mixing. Fold the blueberries in and then mold all into a ball of dough. Place dough onto the lined baking pan and form a disk shape, about one inch thick. Cut into 8 wedges and move the pieces about 1 in apart. Bake for 20-25 minutes or until golden brown.

Allow scones to cool, then serve with Arbonne Essentials® Herbal Detox Tea and Energy Fizz Stick!!



*Enjoy,
Kathryn*

