

# Healthy Recipe of the Week



For all ingredients = Organic is best.

## Blueberry Scones

Originally from BabyCakes NYC

This recipe is dairy-free, egg-free, and sugar-free. It is easy, fast and yummy. They are great with either blueberries or raspberries. Time saver:

Makes 1 dozen scones

- 2 cups spelt flour\*
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/3 cup canola oil
- 1/3 cup agave nectar\*
- 1 tablespoon vanilla extract
- 1/3 cup hot water
- 1 cup fresh (or frozen) blueberries (or raspberries)

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper. In a bowl, whisk the spelt with the baking powder and salt. Stir in the oil, agave nectar and vanilla. Stir in the hot water, then the blueberries (or raspberries).
2. Scoop 12 mounds of batter 1/3 cup each onto the prepared baking sheet and lightly brush the tops with oil. Bake the scones for 20 minutes, or until golden. Let the baking sheet cool completely on top of a rack.

\* Spelt is an ancient grain that has been grown all over Europe for the last 9,000 years. It is also referred to in the Old Testament of the Bible. Spelt has a lower gluten strength which makes it possible for many people with wheat allergies to eat this product. Spelt contains 15%-21% protein which is much higher than wheat. It is also loaded with manganese and riboflavin. Make sure you get whole spelt flour.

\* You can find agave nectar in the baking section of health food stores such as Whole Foods or Wild Oats. Also, look for it in the natural/organic section of your local supermarket. It has a lower glycemic index than a lot of other natural sweeteners.