

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Strawberry-Walnut Scones

From *Paleo Indulgences* by Tammy Credicott

Makes 8 scones

2 cups raw walnuts
¼ cup coconut flour, sifted
1 tsp cinnamon
1 tsp baking soda
½ tsp sea salt
¼ cup pure maple syrup
1 tsp pure vanilla extract
2 eggs
¼ cup coconut oil, melted
Sugar free (100% fruit) strawberry jam (or any flavor you prefer)

1. Preheat the oven to 350 F°.
2. Place the walnuts in a food processor and pulse until a fine meal is formed.
3. Place the walnut meal and the remaining dry ingredients in a medium bowl and whisk to combine.
4. Add the wet ingredients, except the coconut oil, to the walnut meal mixture. Blend well with a hand mixer.
5. With mixer on low, slowly pour in the coconut oil. Mix well.
6. Using an ice-cream scoop, make 8 even balls of dough and place on a parchment-lined baking sheet. With your thumb, or a teaspoon, make a deep well in the center of each scone.
7. Fill each well with 1 tsp strawberry jam.
8. Bake 23-25 minutes, or until tops are golden brown and the dough springs back when pressed lightly.
9. Cool on pans for 5 minutes, then remove to wire racks to cool completely. Store leftovers in an airtight container up to 3 days, or freeze up to 3 months.