AMERICAN · DESSERT · SNACK

Dairy-Free Keto Blueberry Scones with Glaze

45 min · Makes 8 × 1 scone · 221 kcal a portion · Video 8:16 · Low Carb Love

Vegetarian · Gluten-free ingredients · No dairy listed

Almond and coconut flour with avocado oil, eggs and fresh blueberries, sweetened with allulose and made without dairy: about 5 g net carbs a scone.

Diet notes: Keto (4.9 g net carbs a serve).

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Ingredients 16 · MAKES 8 × 1 SCONE

- [ ] 1½ cups **almond flour**
- [ ] ⅓ cup **coconut flour**
- [ ] ½ cup **allulose sweetener** (or ⅓ cup monk fruit or erythritol)
- [ ] 1½ tsp **baking powder**
- [ ] 3 tbsp **avocado oil**
- [ ] ⅓ cup **almond milk**, for the dough
- [ ] 1 large **egg**, at room temperature
- [ ] 1 **egg yolk** (keep the white for brushing)
- [ ] 1 tsp **vanilla extract**
- [ ] extra **almond flour**, for dusting (about 2 tbsp)
- [ ] ½ cup large **blueberries** (about 3 a scone)
- [ ] the **saved egg white**, for brushing (about half is used)
- [ ] a little extra **sweetener**, to sprinkle on top
- [ ] ½ cup **powdered allulose**, for the glaze
- [ ] 2 tbsp **coconut cream**
- [ ] 1 tbsp **almond milk**, for the glaze

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Mix the almond flour, coconut flour, allulose and baking powder well so there are no lumps of sweetener. 0:43
2. In another bowl beat the avocado oil, almond milk, whole egg, egg yolk and vanilla with a hand mixer. 1:26
3. Pour the wet ingredients into the dry and mix to a thick dough; it will be a little wet. 2:09
4. Dust a sheet of baking paper with almond flour, turn the dough out onto it and sprinkle on a little more almond flour until it no longer sticks to your hands. 2:47
5. Using the paper to help, flatten the dough into a thick round, then cut it into 8 wedges like a pizza. 3:27
6. Press about 3 big blueberries into the top of each scone (or fold them into the dough) and space the wedges out on a baking sheet. 4:28
7. Brush with the saved egg white, sprinkle with a little sweetener and bake 20–25 minutes, until golden at the edges. 5:10
8. For the glaze, mix the powdered allulose with the coconut cream, then add almond milk until it drizzles. Drizzle over the scones. 6:26

> **Tip** Blueberries pressed on top keep a crackly golden crust. The cook's written recipe leaves the scones in the switched-off oven 5–10 minutes after baking.

The method is a summary in our words — the video shows every step.

One portion (1 scone) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
221 kcal 930 kJ	**6.9** g 14% of a day	**9.4** g 4.9 g net · 2.4 g sugars 3% of a day	**4.5** g 16% of a day	**19** g 3.5 g saturated 24% of a day	**100** mg 5% of a day

Energy from net carbs 9% · protein 13% · fat 78% — fits keto: 4.9 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Vitamin E 43%

Source of (10–19%) Magnesium 15% · Selenium 10%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=ZbL3FyV6CJM, published 27 April 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dairy-free-keto-blueberry-scones