

RAW MAPLE APPLE CINNAMON SCONES



INGREDIENTS

Makes 16 scones

4 apples
2 cups almond pulp (from making almond milk)
2/3 cup ground flax meal
2/3 cup water
2/3 cup raisins
1/4 cup coconut sugar
1/4 cup maple syrup
1 Tbs. cinnamon

Quarter the apples and remove the core. Cut the apple quarters in thirds and place them in the food processor to turn it into raw applesauce. You may need to stop occasionally and scrape down the sides.

In a small bowl combine the flax meal and water. Allow this mixture to sit and congeal (this is what will bind the scones together).

In a large bowl combine the almond meal and flax mixture. Mix thoroughly.

Add the applesauce to the above mixture and mix well.

Now add the cinnamon, coconut sugar, maple syrup, and raisins. Mix thoroughly.

Measure out 1/3 cup of the batter and form it into a scone (I use a large ice cream scoop). Place the scone on the mesh sheet of your dehydrator. Do the same with the remainder of the batter.

Dehydrate at 140° for 2 hours. After 2 hours flip over the scones and then turn the dehydrator down to 115°. Dehydrate for 3-4 hours more. I keep the scones in the freezer...they defrost fast.

<http://veggiegrettie.com/2011/01/31/raw-maple-apple-cinnamon-scones/>