

KETO FRIENDLY

Almond Donut Scone

Ingredients

- 2 cups almond flour
- 1/3 cup coconut flour
- 1/2 cup monk fruit (or other keto sweetener)
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup melted butter
- 4 large eggs
- 1 tsp vanilla extract
- 1/4 cup heavy cream

Glaze:

- 1/4 cup powdered monk fruit
- 1/4 cup lakanto maple syrup (keto)
- 1/4 cup soft cream cheese
- 1/4 cup soft butter
- 1/4 cup heavy cream
- 1/2 tsp vanilla extract

Optional

- 1/4 - 1/2 cup blueberries or raspberries (add to batter before baking)

**Instructions:**

Preheat oven to 350 F. In a large bowl, whisk almond flour, coconut flour, monkfruit, baking powder & salt.

Add melted butter, eggs vanilla extract & heavy cream to dry ingredients. Mix well until thick batter forms.

Spoon batter in donut pan (3/4 full) or on a cookie sheet.

Bake in oven for 15 - 20 minutes or until golden & toothpick inserted comes out clean. Remove donuts/scones from oven & cool in pan. Spoon glaze over top while still warm.

Glaze directions

Soften all ingredients and whip until smooth. Spoon over donuts. (Makes 12 donuts/ 24 scones) Serving size = 1 donut or 2 scones.

Calories: 220 Fat: 19 g, Net Carbs: 3 g, Protein: 6 g