



Blueberry Oat-Millet Scones

Recipe created by Carlene McIntyre

These scones are made using avocado and dates to replace the butter and sugar used in traditional scone recipes. Millet and rolled oat flour give them a lighter, crunchier texture. This recipe makes 8 scones.

Ingredients

- 2 cups millet
- 2 cups rolled oats
- 1 Tbsp baking powder
- 1 Tbsp ground flaxseeds
- 1 tsp vanilla bean powder (or vanilla extract)
- 1 cup dates, soaked in ½ cup hot water until softened
- ½ avocado
- 1 cup frozen blueberries

Preparation

1. Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
2. Put the ground flaxseeds in a small bowl and stir in 3 Tbsp water. Set aside to let the mixture thicken.
3. Place the millet into a high speed blender and blend into a flour. It's okay if there are still a few grains left that aren't blended. Put the flour in a large bowl.
4. Place the rolled oats into a high speed blender and blend into a flour. Add 1 cup of the oat flour to the bowl with the millet flour and reserve 1 cup to flour the surface used for kneading the dough.
5. Add the baking powder and vanilla bean powder to the flour mixture and stir until well mixed.
6. Slice the avocado into small pieces and mix into the dry mixture, using your hands or a pastry cutter. I like to refrigerate the avocado ahead of time so that it's cold when I'm using it in this recipe.
7. Add the dates and soaking water to a food processor and process until a smooth paste forms.
8. Stir the flaxseed-water mixture into the date paste and add this to the dry mixture. Stir until well combined.
9. Fold in the blueberries.



10. Knead the dough on a surface covered with the reserved oat flour until it comes together and you can form it into a ball.
11. Flatten the dough into a circle. The scones don't rise a lot, so the circle will be about 1 inch in height. Using a large knife, slice the dough into 8 pieces.
12. Arrange the scones on the baking sheet with a small space between each one.
13. Bake for about 20 minutes, until the top is a light golden-brown color.
14. Remove the scones from the baking sheet and let them cool on a wire rack or eat them right away.
15. Store in a sealed container.