



## Zen & The Art of Cooking With Pressure

### Low-Carb Sour Cherry Scones

Yield: 15 scones

Gluten-free, grain-free, low carb, Keto-suitable (using sour cherries - about 3 net carbs per scones), sugar-free, vegetarian

Preparation time: 10 minutes

Baking time: 20 minutes in preheated 350-degrees F oven

#### Ingredients:

- 1 1/2 cups blanched almond flour
- 1/3 cup coconut flour
- 1 Tbsp baking powder
- 1/4 tsp salt
- 1/3 cup Erythritol & Monk fruit sweetener
- 1/4 cup butter, chilled and cut into cubes
- zest of 1 lemon
- 1 cup pitted sour cherries, fresh or frozen
- 1/3 cup heavy cream
- 1/3 cup milk or table cream
- 2 eggs at room temperature

#### Method:

1. In a medium mixing bowl combine almond flour, coconut flour, baking powder, salt and sweetener.
2. Add chilled butter. Cut into the flour mixture until it resembles the texture of rolled oats. Add pitted sour cherries and fold them into the flour mixture until cherries are they are well coated. Add lemon zest.
3. In a small mixing bowl combine cream, milk and eggs. Pour over the cherry and flour mixture. Mix carefully until all ingredients are well combined.
4. Using a 1/4 cup scoop drop batter onto a prepared baking sheet and place them into a preheated oven.
5. Bake cake in 350-degrees F oven on convection setting until done, about 20 minutes. Remove from oven and let cool. Serve warm or completely cooled with your favourite cuppa!

NOTE: Scones can be kept in the fridge for up to three days. Freeze for up to three months and reheat in the oven just before serving.