



Keto Blueberry Scones

Keto Breakfasts aren't just for eggs and bacon! Try this delicious scone recipe for your next weekend brunch. Your Keto, Low Carb, or even carb-averse family and friends will love it! Mix it up with any berry that is in season!

Here are the Ingredients You'll Need:

- 1 1/4 C Almond Flour
- 1/3 C Coconut Flour
- 1/4 C Pyure
- 1/4 tsp Salt
- 1/2 tsp Baking Powder
- 1/4 C Almond Milk
- 1/4 C Heavy Whipping Cream
- 2 Tbsp Butter, softened
- 1 tsp Vanilla
- 1 Egg
- 1/2 C Blueberries



Recipe:

- Mix all the dry ingredients
- Mix in the wet ingredients, fold blueberries
- Form into a pie shape.
- Cut into small scone pieces.
- Bake at 350° for 18 minutes!



The Keto Dad Tips:

- Use any berries in season! Just remember, more berries, more carbs.
- Double the sweetener if you're using one that is 1:1 with cane sugar
- Create a drizzle using swerve, heavy cream and cream cheese!

Serves: 8

Macros: Calories: 170, Fat: 14g, Carbs: 7g, Fiber: 4g (Net Carbs 3), Protein: 5g

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