

Apple and Date Buckwheat Scones

These Buckwheat scones offer a slight twist on traditional. I used $\frac{3}{4}$ cup of whole grain Khorasan flour with $1\frac{1}{2}$ cups of Buckwheat flour. By using our Buckwheat in the Hull, grinding in the hull and sifting I captured some of the hull which makes the product a little darker in colour but is a more economical choice. The blending of spices with the dates is very complimentary to the stronger taste of buckwheat.

Ingredients:

2 $\frac{1}{4}$ cups Buckwheat flour (you can also switch out a $\frac{3}{4}$ cup for $\frac{1}{2}$ cup finely ground hazelnuts or Khorasan flour)

1 tablespoon baking powder

2 tablespoons palm sugar

2 teaspoons cinnamon

2 teaspoons cardamom

$\frac{3}{4}$ cup applesauce

$\frac{1}{2}$ cup dates

1 egg

$\frac{1}{2}$ cup milk or non-dairy

5 tablespoons coconut oil



Preparation:

In a large bowl, combine the buckwheat flour, baking powder, sugar and spices and mix together.

Chop the dates, and add to the flour mixture. Stir together .

In a separate bowl, whisk the egg. Add in the milk and applesauce followed by the coconut oil. Whisk together until well blended. Add to rest of ingredients and work together until a dough forms.

Split the dough into two parts and form two disks, about 5 inches in diameter, and place on a greased baking sheet. With a knife, carefully slice the disks into fourths.

Bake at 400°F for 15 to 20 minutes. The scones are done when a knife or toothpick inserted into the center comes out clean.

You can serve these scones warm, or wait from them to cool. Either way, pair with coffee or tea, and slather on a little jam or apple butter if you wish.

Adapted from: Anna Brones: foodieunderground.com