

Maple Glazed Pumpkin Scones



INGREDIENTS

For the scones

- 2 cups whole-wheat flour
- 1 tbsp baking powder
- 1 cup raw pecans
- ¼ cup Brown sugar
- 1 tsp cinnamon
- ½ tsp ground ginger
- ½ tsp sea salt
- ¼ tsp nutmeg
- ¼ tsp all spice
- 7 Tbsp solid coconut oil or 5 tbsp cold butter
- ¾ cup pumpkin purée
- ¼ cup non-dairy milk (such as almond milk or soy)
- 1 tsp vanilla extract

For the maple glaze

- 1 cup powdered sugar
- 1 tbsp melted butter
- ½ tsp vanilla extract
- ¼ cup maple syrup

For optional topping:

- ¼ cup whole pecans

DIRECTIONS

1. Place the pecans on a baking tray lined with parchment paper and toast in the oven for approx. 3 minutes. Chop the nuts into fine pieces.
2. In a large mixing bowl, combine whole-wheat flour, baking powder, ¾ of the chopped pecans, salt and spices and whisk to combine.
3. In a separate mixing bowl combine pumpkin purée, non-dairy milk and vanilla extract, and set aside.
4. Take 7 Tbsp of cold coconut oil or 5 tbsp of cold butter and add to flour mixture. Using a pastry cutter, fork or knife, cut the cold oil/butter into the flour until it resembles a crumb-like texture.
5. Create a well in the middle of the dry mixture and pour in the liquid ingredients. Keep mixing until the wet and dry ingredients have come together to form a dough.
6. Place the dough onto a floured surface and then using your hands, shape dough into a circle that's approx. 1-inch-deep all the way around.
7. Use a knife to cut the circle into 8 even slices.
8. Separate the slices and place on to a baking tray lined with parchment paper. Bake for approximately 15 minutes or until the scones turn lightly golden brown.
9. While the scones are baking prepare the maple glaze by whisking together all of the glaze ingredients in a small bowl. Once the scones are cooked, remove and place on a wire rack to cool.
10. Once cool, generously drizzle the glaze over the scones and sprinkle with remaining chopped pecans (if desired).

