



# Ashley's Meal Prep Monday!



## Blueberry Scones

### INGREDIENTS

- 1 1/2 cups whole wheat flour
- 1 1/3 cups fine oats
- 1 TBSP baking powder
- 1 TSP cinnamon
- 1/2 TSP salt
- 3 TBSP coconut sugar (+more to sprinkle)
- 1/4 cup unsweetened applesauce
- 1/4 cup almond milk
- juice of 1/2 lemon
- 1 TSP vanilla extract
- 1/2 cup grated coconut oil (if room temp, freeze for 1/2 hour)
- 1 1/2 cups blueberries



- Line a baking sheet with parchment paper and preheat the oven to 400
- Mix flour, oats, baking powder, cinnamon, salt and sugar in large bowl.
- In a measuring cup, mix applesauce, milk, lemon juice, and vanilla. Pour into flour mixture along with the cold grated coconut oil until it comes together. (Dough should be soft, almost sticky)
- Rinse blueberries, pat dry, and toss with 1 TBS flour to coat - then carefully fold into dough.
- Transfer dough to baking pan, dust with a little flour, and shape into circles with your hands. Sprinkle the tops with coconut sugar and bake for roughly 15 minutes

**CARTWRIGHT'S**  
**MARKET**