

# Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



## Clean Eating Recipe of the Month

### Paleo Blueberry Scones

(Makes 8 scones)

#### Ingredients

- 1 ½ cups Cashews (or 1 1/3 cups ground)
- ¼ cup Arrowroot
- Pinch of Salt
- 1 teaspoon Baking Powder
- 1 cup Fresh Blueberries
- ¼ cup Extra Virgin Coconut Oil
- 3 tablespoons Maple Syrup
- 2 teaspoons Vanilla Extract
- 1 Egg



#### Instructions

1. Preheat oven to 350 degrees F & line a 9 inch metal pan with parchment paper.
2. Blend the cashews in a food processor until powdered.
3. Whisk all the dry ingredients together then stir in the blueberries.
4. Whisk the wet ingredients together then stir into the dry.
5. Pour into the baking pan and bake at 350 F for 30 minutes.
6. Let cool for at least 10 minutes, slice, and enjoy!

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#### Nutritional Information (per serving)

**Calories**...110

**Protein**...2 g

**Carbohydrate**...28 g

**Fat**...4.5 g



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