

Pumpkin and Ginger Scones



I made these after carving out our pumpkins. You actually only need 1 and ½ cups of cooked pumpkin but if you have a couple of pumpkins to use up, it's worth using them to make the first part of this recipe and then freezing up what you don't need today so that next time you want to knock up these scones, you'll have saved yourself some time. Because you will want to make them again!

These are delicious warm out of the oven and you could even drizzle them with a little maple syrup and they'd still be MUCH healthier than any scone you could buy. Your house is about to smell soooo good!

- 1 ½ cups of almond flour
 - 1 cup coconut flour
 - 1 egg
 - ½ tsp baking powder
 - 2 tsps. stem ginger, diced up small
 - 1 tbsp. Honey
 - 2 cinnamon sticks
 - 2 star anise
 - 2 sachets of Schwartz mulled wine spice mix – if you can't get these, use 1 tsp allspice, ½ tsp cloves, 1 tsp nutmeg.
 - ½ cup melted coconut oil
 - 1 large pumpkin, peeled and chopped
1. The first thing you need to do is to stew your pumpkin. Stick the kettle on, place the chopped pumpkin into a pan along with the cinnamon sticks, star anise and the schwartz bags (or the spices listed above if you can't get these).

2. Pour the boiling water over the top and leave on a simmer for approx.20mins.



3. Check that the pumpkin is soft then drain this, remove the spices and spice bags and leave the pumpkin to cool.
4. Now preheat the oven to 160°C and make a start on your scones
5. Put both types of flour into a bowl along with the baking powder
6. In a separate bowl whisk up the eggs, melted oil, honey, ginger and 1 and ½ cups of your spiced pumpkin.
7. Make a well in the dry bowl and pour in the wet mixture. Before you start mixing this up, sprinkle your work top with some almond flour.
8. It's time to get your hands dirty – use your hands to mix all of the ingredients together. I have used lots of different coconut flours and find that some seem to be more absorbent than others. Your mix should end up like a dough, not too sticky so that you can work with it. If it feels too wet, add a little more coconut flour. If it feels too dry, add a splash of milk.
9. Roll out your mix on the floured work surface and cut into whatever shaped scones you'd like about 1 and ½ inch deep.
10. Place these onto a lined baking tray and bake for 12 mins. The scones should be golden in colour. Bake them a little longer if you feel they need it, but don't over cook them!
11. Serve just as they are or go the whole hog and add a drizzle of maple syrup and some cream – I won't judge you 😊