

IRISH SODA BREAD SCONES

Elevate your breakfast game with these delicious and easy-to-make Irish Soda Bread Scones! These scones are perfect for those following a gluten-free or lower-carb diet and are loaded with the rich flavors of traditional Irish soda bread. The combination of almond flour, cassava flour, and flaxseed meal creates a fluffy texture that perfectly complements the sweetness of honey and currants. Pair these scones with clotted cream or orange marmalade dollop for a delightful and indulgent treat.

INGREDIENTS

2 cups almond flour
1/2 cup cassava flour
2 tablespoons flaxseed meal
(golden if possible)
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup buttermilk
1 tablespoon apple cider vinegar
1 egg
1/4 cup butter, melted and cooled
1/4 cup honey
1/2 cup currants (optional)
1 tablespoons orange zest
(optional)
1/2 teaspoons caraway seeds
(optional)

MAKES 10 SCONES

- 1 Preheat your oven to 325°F and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, whisk together the almond flour, cassava flour, flaxseed meal, baking soda, baking powder, and salt.
- 3 In a separate mixing bowl, whisk together the buttermilk, apple cider vinegar, egg, melted butter, and honey until well combined. (Add in the orange zest here if desired.)
- 4 Add the wet ingredients to the dry ingredients and mix well until a wet dough forms. If using currants or caraway seeds, fold them into the dough.
- 5 Scoop out the dough using a large ice cream scoop and place on the baking sheet and bake for 25 minutes.
- 6 Remove from the oven and let cool on the baking sheet for 20 minutes before transferring to a wire rack to cool completely.

NOTES

- Store in an air-tight container for 3-4 days or refrigerate up to a week.
- Reheat the scones in a toaster oven or oven for a few minutes
- Serve with your favorite jam, clotted cream, or cream cheese