

## Gluten-Free Pumpkin Scones

Source: Adapted from: <http://www.feastie.com/recipe/gluten-free-goddess/gluten-free-pumpkin-scones>

### Ingredients:

- 1 cup sorghum flour
- 1/2 cup organic millet flour
- 1/2 cup tapioca starch or potato starch (not potato flour)
- 1 tablespoon baking powder
- 1/2 teaspoon fine sea salt
- 1 teaspoon xanthan gum
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 4 tablespoons organic light brown sugar
- 7 tablespoons cold shortening (Spectrum Organic Shortening)
- 1/2 cup mashed cooked pumpkin or canned pumpkin
- 1 large egg ( or use 1 1/2 teaspoons Ener-G Egg Replacer whisked with 2 tablespoons warm water till frothy, if vegan)
- 3 tablespoons real maple syrup
- 3 tablespoons rice/soy/coconut milk whisked with 1/4 teaspoon lemon juice or mild rice vinegar (or buttermilk, if not vegan)

### Directions:

1. Preheat the oven to 350° F. Lightly grease a 9-inch Pyrex pie dish. Line a baking sheet with parchment paper.
2. In a mixing bowl, whisk together the flours and dry ingredients. Add in the shortening by pieces and cut in the shortening (with a fork or a pastry cutter) and mix until the mixture looks sandy.
3. Add in the pumpkin, egg (or egg replacer), maple syrup and rice milk. Beat the batter briefly until the dough forms a smooth mass. You do not need to beat the dough very long- just until it is mixed.
4. Scrape the dough into the prepared pie plate. Using lightly oiled hands pat and shape the dough into a smooth flat round. Press the dough all the way to the edges of the pie plate.
5. Use a thin sharp knife to slice the dough into six wedges.
6. You can bake the scones together in the pie dish, or separate them and bake them on a baking sheet.

7. To bake them on a baking sheet: Use a thin and flexible spatula to remove the wedges from the pie dish one at a time and place them on the parchment lined baking sheet.
8. Using a knife or thin spatula, reshape and define the scones, if you need to.
9. Now brush the tops gently with:  
Plain rice/soy/almond/or coconut milk
10. If you like a crunchy top, sprinkle the scones with raw sugar crystals.
11. Place the pie dish - or the baking sheet- in the oven. Bake until the scones are firm and slightly golden- roughly 20 minutes.
12. Cool the scones on a wire rack and make the maple nutmeg icing.

### **Maple Nutmeg Icing**

Use only a little liquid at a time as you beat the frosting. If it gets too thin, add more confectioners' (powdered) sugar.

#### **Ingredients:**

- 1 cup confectioner's or powdered sugar
- 2 tablespoons pure maple syrup
- 1/2 teaspoon bourbon vanilla extract
- 1 tablespoon rice/soy/almond/coconut milk
- Pinch of nutmeg, to taste (start tiny, you can add more)

#### **Directions:**

1. Beat until smooth and add more rice milk a tablespoon at a time until the icing is creamy- but not too thin. Taste test and add more nutmeg if it needs it.
2. Beat the icing for three to four minutes (this improves the texture).
3. Spoon the icing into a pastry bag fitted with a simple tip (or use a plastic sandwich bag with a tiny hole cut in one bottom corner). Chill the icing while the scones are cooling a bit.
4. Squiggle the icing on top of the scones, or spread on the frosting with an icing knife, if you like a lot of sweetness adorning your scone.
5. Serve immediately. I'm serious. Don't wait. Eat up, Darling. These scones are best enjoyed fresh from the oven.

Note: Makes six scones.