

## **BLUEBERRY SAUSAGE SCONE BITES**

*Serves 8-16 (depending on size of cookie cutter)*

### **INGREDIENTS**

- 1 1/3 cup chickpea flour (or almond flour)
- ¼ cup arrowroot
- ¼ tsp. baking soda
- Pinch sea salt & cinnamon
- 1 cup blueberries
- ¼ cup melted coconut oil (or other oil or melted ghee)
- ¼ cup liquid sweetener (we used monkfruit)
- 1 tsp. vanilla
- 1 egg
- 1 cup cooked, lean breakfast sausage (we used 4 Applegate Farms breakfast sausage links & chopped them up)



### **INSTRUCTIONS**

1. Heat oven to 350F. Grease a small round cake pan.
2. Mix together all dry ingredients in a large bowl.
3. Whisk together wet ingredients in a separate bowl. Pour wet ingredients into dry ingredients and mix well. It will be thick and sticky.
4. Fold in blueberries & sausage.
5. Press batter into greased pan and bake for 30 minutes.
6. Once cooled, use a round cookie cutter to cut out rounds.

### **NOTES**

- You can scoop batter into mini muffin tins as well – cook time will be less.
- Use crumbled tempeh or ground meat alternative for a vegetarian option.
- Will keep in refrigerator for 1 week.

### **NUTRITION**

Per serving (when making 8 servings): 255kcal; 15g carb; 8g protein; 15g fat; 6g sat fat; 5g fiber; 5g sugar