



Keto Scones with Berry Jam & Cream

Hands-on 25 minutes Overall 45 minutes

Nutritional values (per scone): Total carbs: 10.2 g, Fiber: 4.6 g, **Net carbs: 5.6 g,**

Protein: 9.3 g, Fat: 35.9 g, Calories: 392 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 scones)

Scones:

2 cups + 1 tbsp [almond flour](#) (215 g/ 7.6 oz)

1/3 cup + 1 tbsp [coconut flour](#) (50 g/ 1.8 oz)

1 tbsp [Erythritol](#) or [Swerve](#) (10 g/ 0.4 oz)

1/2 tsp [baking soda](#)

1/3 cup butter (76 g/ 2.7 oz)

1/2 cup plain full-fat yoghurt (125 g/ 4.4 oz)

1 tbsp heavy whipping cream or [coconut milk](#) (15 ml)

1 tsp water

Topping:

8 tbsp low-carb chia jam such as [Raspberry Balsamic Chia Jam](#) or [Strawberry & Basil Chia Jam](#) (160 g/ 5.6 oz)

1 cup heavy whipping cream or [coconut cream](#) (240 ml)

Note: If you're using clotted cream, just one tablespoon per scone will be enough. Clotted cream is thick and very high in fat (about 60%). If your scones don't rise as much as you'd like, try swapping the [baking soda](#) with 2 teaspoon of [baking powder](#), or use 1 teaspoon of [cream of tartar](#) in addition to the 1/2 tsp of [baking soda](#).

Instructions

1. Preheat oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted). Mix dry ingredients in a bowl.
2. Add the rub in the butter until the mixture resembles large breadcrumbs.
3. Make a well in the centre and add the yoghurt, and then use a knife to incorporate it into the flour mixture.
4. Pour the mixture out onto a bench top lightly floured with coconut flour. Gently bring the mixture together into a ball, and then flatten out softly to about 3 cm/ 1.2 inch thick.
5. Use a cookie cutter to cut out 8 scone shapes (or more if you're

making a double batch), and place on a greased baking tray.

6. Thin the cream with a teaspoon of water, and use to brush the tops of the scones.
7. Bake 18-22 minutes or until browned evenly on top. Allow to cool 20 minutes on the pan, and then transfer to a wire baking tray to cool completely.
8. To serve, cut in half and serve with a smear of low-carb jam (about a tablespoon per scone) and a dollop of whipped cream.
9. The scones will last 3-4 days in an airtight container at room temperature. For longer storage, they will last a week in the fridge, or freeze on a tray, and then transfer to a container or freezer bag. They are best served heated after defrosting.

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