

## Orange Scones

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These orange scones are fluffy, easy orange American scones made from fresh oranges, but with no eggs, no

dairy and in under 30 minutes.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/orange-scones/> or scan the QR code here →



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Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Servings: 8 scones    Calories: 258.7kcal    Author: Carine Claudepierre

### Ingredients

- 2  $\frac{3}{4}$  cups Self-Rising Flour (note 1)
- $\frac{1}{2}$  cup Orange Juice from fresh oranges, including pulp (note 2)
- $\frac{1}{2}$  cup Plant-Based Milk (note 3)
- 2 teaspoons Orange Zest from previous oranges (note 4)
- 2 tablespoons Olive Oil (note 5)

### Optional

- $\frac{1}{4}$  cup Brown Sugar (note 6)
- 1 teaspoon Vanilla Extract
- 1 teaspoon Cinnamon

### Orange Glazing

- 1 teaspoon Orange Zest
- 1 tablespoon Freshly Squeezed Orange Juice
- $\frac{1}{2}$  cup Icing Sugar

### Instructions

1. Preheat the oven to 400 °F (200 °C). Line a large baking sheet with parchment paper. Lightly oil with cooking oil spray and set aside.
2. In a large mixing bowl, stir freshly squeezed orange juice (keep the pulp for more flavors and fiber), self-rising flour, olive oil, and dairy-free milk of choice. Add the brown sugar, vanilla extract, and cinnamon for flavor if you like.
3. Use a rubber spatula to stir and combine the ingredients, then knead with your hands to form a dough ball. If the dough is too sticky, add a little more flour; if it's too dry, add a bit more orange juice or milk.
4. Place the dough ball on a lightly floured surface and roll it into a thick 8-inch dish.
5. Use a sharp knife to divide the disc into 8 even triangles.
6. Spread the triangles and place them on the prepared baking sheet, leaving a thumb of space between each as they expand in the oven.
7. Brush the top with some dairy-free milk to make their color pop.
8. Bake the scones at 400 °F (200 °C) on the center rack for 20 minutes until golden, and let them cool down on a cooling rack at room temperature before glazing.
9. To make the glazing, stir icing sugar, orange juice, and orange zest until it forms a thick, creamy paste. Add more icing sugar if too thin or more juice if too thick.

10. Drizzle on top of the cooled scones and extra freshly grated orange zest before serving.

## Notes

**Note 1:** Replace the self-rising flour with 2 3/4 cups (350g) of all-purpose flour in which you whisk 5 teaspoons of baking powder. I haven't tried a gluten-free flour blend, but I am confident that a gluten-free self-rising flour blend with a 1:1 ratio will deliver good results.

**Note 2:** Store-bought orange juice works as well.

**Note 3:** Any unsweetened dairy-free milk works. I like soy milk, oat milk, or almond milk in this recipe.

**Note 4:** It's optional, but the zest delivers great flavor. Make sure you use untreated oranges if using the zest. Skip it if unsure.

**Note 5:** Any oil works in the recipe. Make sure your oil has a low flavor that won't interfere with the scone flavors.

**Note 6:** Any crystal sweetener works, like coconut sugar or sugar, or simply skip the sweetener if you add the glaze on top of the scones.

## Nutrition

Serving: 1 Scone | Calories: 258.7kcal | Carbohydrates: 48.2g | Protein: 5.7g | Fat: 4.5g | Saturated Fat: 0.6g | Polyunsaturated Fat: 0.9g | Monounsaturated Fat: 2.7g | Sodium: 10.6mg | Potassium: 111.8mg | Fiber: 1.3g | Sugar: 16.1g | Vitamin A: 98IU | Vitamin B12: 0.2µg | Vitamin C: 10.9mg | Vitamin D: 0.2µg | Calcium: 38.6mg | Iron: 0.6mg | Magnesium: 13.7mg | Phosphorus: 45.3mg | Zinc: 0.4mg

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