

Scones with Vegan Sausages



Elevate your breakfast game with our Scones with Vegan Sausages. Enjoy the perfect blend of savory vegan sausages and flaky scone goodness. A delectable and plant-based treat that will leave you craving for more!

Preparation 15 min

Cooking 15 min

Servings 12-15

Nutrition Facts (per serving)

Calories 140

Fat 7

Carbohydrates 15

Fibre 1

Protein 4

Sodium 150

Ingredients

- 625 ml (2 ½ cups) all-purpose flour
- 10 ml (2 tbsp) of baking powder
- 1 ml (¼ tsp) of salt
- 125 ml (½ cup) margarine
- 1 chopped green onion
- 1 Germaine GUSTA sausage cut into small pieces

- 15 ml (1 tbsp) ground flaxseed
- 45 ml (3 tbsp) water
- 250 ml (1 cup) unsweetened soy beverage

Preparation

1. Preheat the oven to 190°C (375°F) and line a baking sheet with parchment paper.
2. In a small bowl, mix the ground flaxseeds and water. Let rest for 5 minutes.
3. In a large bowl, mix the flour, baking powder, and salt.
4. Add the margarine and rub it into the dry ingredients with your fingertips until a crumbly texture forms.
5. Add the green onion, vegan sausage, and vegan cheese. Mix gently.
6. Add the flaxseed mixture and the soy beverage. Mix just until a soft dough forms, without overmixing.
7. Place the dough on a lightly floured work surface and gently press it into a disk about 2.5 cm (1 in) thick.
8. Cut into wedges or rounds, as desired, and place on the prepared baking sheet.
9. Bake for 18 to 22 minutes, until the scones are lightly golden.
10. Remove from the oven and let cool slightly before serving.

Notes

Keeps for 3 days in an airtight container in the refrigerator or 3 months in the freezer.



Gabrielle Simard – Créatrice culinaire
Culinary Creator