Hibiscus + Beetroot Scones



These vibrant, jewel-toned scones are as fun to bake as they are to eat! Earthy beetroot and a hint of tangy hibiscus bring a natural pink glow and a gentle herbal vibe. A zesty lemon drizzle is worth the extra effort here. Makes 6

Ingredients

2 Tbsp hibiscus petals
½ c frozen butter, grated
1 ½ c all purpose flour
1 Tbsp baking powder
1-2 Tbsp beetroot powder (see Gold Dust Tips for guidance)
½ c date sugar
½ tsp kosher salt (omit if using salted butter)
½ c almond flour
1 c buttermilk
½ tsp almond extract
1 Tbsp lemon juice
⅓ c powdered sugar
rose petals (optional, for garnish)

Method

1. **Preheat oven to 425F.** In a small bowl pour 3 Tbsp boiled water over the hibiscus petals and set aside to steep and cool.

2. Sift together the all purpose flour, baking powder, beetroot powder, and date sugar. Pressing any lumps through. Whisk in the salt and almond flour. Set aside.

3. Using your fingers coat the butter with the dry mix.

4. Strain the hibiscus leaves from the water and add the cooled pink water to the buttermilk. Stir in the almond extract.

5. Pour the wet mix into the dry mix and using a wooden spoon or your hands, mix until it comes together, pressing a bit.

6. Form it into a 1" disk and cut into 6 wedges. Arrange on a sheet tray lined with a silicone baking mat or parchment.

7. Bake on the center rack for 15-19 minutes **until the internal temp is 185-200F.**

8. While cooling whisk together the powdered sugar and lemon juice to form a glaze. Adjust with sugar or lemon for your preferred consistency.

9. Brush with butter while still warm, drizzle with the glaze and sprinkle with rose petals. Enjoy warm. Best eaten the same day.

Gold Dust PROVISIONS

Why It Works



✴ Buttermilk reacts with the acid in the baking powder for a light, fluffy crumb.

✴ Lemon juice enhances iron absorption from the beetroot = nutrient synergy.

✴ Date sugar gives subtle caramel notes and is gentler on blood sugar than refined sugar.

✴ Steeping the hibiscus petals releases beneficial plant compounds into your batter, adding both color and gentle digestive support.

✴ The beetroot brings betalains that support circulation and fight oxidative stress, while hibiscus adds anthocyanins that help reduce inflammation and balance blood pressure.

Gold Dust Tips

✧ Beetroot powder, 1-2 Tbsp: some powders are more vibrantly colored and potent than others, so use your judgment on how bright you want your scones to be. I don't find the flavor to be too strong either way.

✧ Scones tend to brown a lot on the bottom so I like to bake them on a silicone mat, giving you some extra insurance.

✧ Scone dough can be made ahead and frozen or refrigerated.

✧ Feel free to add your own herbal infusions, this is a forgiving recipe.