

Lemon Blueberry Scones

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Recipe from Janie Rasmussen-Wood

2 points for 1, 5 points for 2 on all plans

- 1 cup all purpose flour
- 1 1/2 tsp baking powder
- 3 Tbsp light butter
- 1 lemon, zested
- 1/3 cup Lakanto Monkfruit (or your favorite zero calorie sweetener)
- 1 egg
- 2 Tbsp Plain, non fat Greek yogurt
- 1/2 cup fresh blueberries

Glaze (optional)

- 1 Tbsp whipped cream cheese
- 1 Tbsp powdered sugar or zero calorie powdered sugar
- 1 tsp milk

1. Preheat oven to 350
2. Whisk together butter, Greek yogurt, lemon zest, monkfruit and egg until combined
3. Add flour and baking powder and mix until barely combined.
4. Fold in 1/2 cup blueberries. DO NOT OVERMIX

5. Place a piece of parchment paper on a cookie sheet and spray with non stick spray.
6. Scoop dough out onto parchment paper.
7. Flour hands and pat dough out into an 8 inch circle that is 1/2 to 3/4 inches thick.
8. Sprinkle additional monkfruit over the dough
9. With a sharp knife, cut in 8 triangles, like a pizza
10. Bake about 12-16 minutes, depending on your oven.
11. Remove from oven and slightly separate slices.
12. Return to oven and bake about 5 minutes more until a toothpick inserted comes out clean.
13. Let cool on pan for 5 minutes, then move to wire rack.
Glaze if desired

Glaze

1. Whisk cream cheese, powdered sugar and 1 tsp of milk in a small bowl.
2. Drizzle glaze over cooled scones