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
- 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