

Maple Cinnamon Glazed Scones

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SCONE INGREDIENTS:

2 C WHITE FLOUR
2 ½ TSP BAKING POWDER
½ TSP BAKING SODA
½ TSP SALT
½ C SUGAR
8 T COLD BUTTER (CUBED)
1 T LEMON JUICE
¾ C PLAIN NONFAT GREEK YOGURT
3 EGGS

MAPLE CINNAMON GLAZE:

1 C 10X SUGAR
½ TSP VANILLA
1 T MAPLE SYRUP
½ TSP CINNAMON
1 T 1% MILK

DIRECTIONS:

MIX THE FLOUR, BAKING POWDER, BAKING SODA, SALT AND SUGAR IN A BOWL. CUT 1 STICK OF COLD BUTTER IN SMALL CUBES. GENTLY CUT INTO THE DRY INGREDIENTS WITH A CHOPPER. SET ASIDE. IN A SEPARATE BOWL MIX THE LEMON JUICE, GREEK YOGURT AND 2 OF THE EGGS. ONCE MIXED ADD TO DRY INGREDIENTS AND STIR GENTLY. DIVIDE INTO TWO BALLS AND FLATTEN INTO TWO CIRCLES ON A BAKING SHEET COVERED WITH PARCHMENT PAPER. BRUSH THE 3RD EGG ONTO BOTH ROUNDS. SLICE INTO 6 PIECES PRIOR TO BAKING. BAKE 400F FOR APPROX 12 MINUTES OR UNTIL TOP SLIGHTLY BROWNED. ALLOW TO COOL AT LEAST 5 MINUTES. ADD PREFERRED GLAZE OR ENJOY WITH JELLY OR HONEY. 12 SERVINGS.

FREEZING INSTRUCTIONS:

BAKE ACCORDING TO THE DIRECTIONS ABOVE. ALLOW TO COOL COMPLETELY. WRAP INDIVIDUAL PIECES WITH PLASTIC WRAP OR TIN FOIL AND FREEZE.

MACROS PER SERVING: 174 CALS. 17G NET CARBS. 17G FAT. 2G PROTEIN.