

Chocolate Chip Scones

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



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

1 C CHOCOLATE CHIPS

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, CHOCO CHIPS, 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. WHEN TAKEN OUT OF OVEN SPRINKLE A COUPLE CHOCO CHIPS ON TOP IF DESIRED. ALLOW TO COOL AT LEAST 5 MINUTES. 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: 222 CALS. 21G NET CARBS. 23G FAT. 4G PROTEIN.