

# Orange Glazed Scones

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## SCONE INGREDIENTS:

2 C ALL-PURPOSE 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

## ORANGE MAPLE GLAZE:

(COURTESY OF MAGNOLIA TABLE COOKBOOK)

1 C 10X SUGAR  
½ TSP ORANGE ZEST  
1 ½ T ORANGE JUICE  
1 ½ T BUTTER, MELTED  
½ TSP VANILLA  
¼ TSP MAPLE SYRUP

## 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 THE ORANGE MAPLE GLAZE. 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 WITH GLAZE: 183 CALS. 22G NET CARBS. 19G FAT. 2G PROTEIN.*