



## ME Recipe: Blueberry Protein Scones

This recipe is adapted from *Parents* magazine.

### Ingredients:

- 1 cup almond flour
- ¼ cup oat bran
- 1 tsp. baking powder
- 2 scoops protein powder\*
- ¼ cup Truvia
- ½ stick unsalted butter, frozen
- 1 egg, beaten
- 1/3 cup plain Greek yogurt
- 1 tsp. vanilla extract
- 1 cup fresh blueberries

### Directions:

Preheat oven to 350 degrees and line a baking sheet with parchment paper. In a bowl, mix flour, oat bran, baking powder, protein powder and Truvia. Grate butter into flour mixture using the largest holes of a box grater.

In a small bowl, whisk egg, yogurt and vanilla. Stir in berries. Gently stir liquid mixture into flour mixture until just combined. Use your hands to bring dough together and refrigerate if sticky.

Form dough into two, 4-inch rounds using your hands. Cut rounds into six wedges each. Set on cookie sheet at least 1 inch apart and bake for 24-26 minutes or until golden brown.

\*Any flavor will work. I used cinnamon, which was delicious but chocolate, or vanilla would work too.