

LEMON RASPBERRY SCONES



	Ingredients	Exchanges
Protein	6 gm raw egg	0.4 (-0.4 gm fat)
	6.9 gm NOW Real Foods® almond flour	1.3 (-1.95 gm fat)
	4 gm Bob’s Red Mill® soy flour	1.3 (+0.65 gm fat)
Fat	10.8 gm butter	2.5 (-1.7 gm)
	5 gm butter on top	1
Carbohydrate	2.8 gm Bob’s Red Mill® coconut flour	2
Other	2 gm erythritol	
	½ tsp. Da Vinci Gourmet® SF raspberry	
	2-3 drops lemon extract	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat the oven to 350°F.
- In a small bowl, melt the butter.
- Add the remaining ingredients, except for the butter on top, and stir until smooth.
- Grease a miniature triangular mold using nonstick cooking spray.
- Scoop mixture into the mold spreading evenly.
- Bake in the preheated oven for 20-25 minutes until firm and golden.
- In a separate small bowl, melt the butter for topping.
- Add 1-2 drops lemon extract to the melted butter and stir.
- Pour the lemon butter icing over top of the scone.

VARIATIONS

- This recipe can be frozen for up to two months or stored in the refrigerator for three to five days.
- Other berries can be used such as chopped strawberries or blueberries.
- If your child’s meal plan requires more carbohydrates, fresh berries can be added to the mixture.
- Kirkland® almond flour can also be used by adjusting to the proper gram amount.