

BLUEBERRY SCONES



INGREDIENTS:

- 2 scoops Birthday Bliss Glam Pro
- 1 cup oats
- 1 tbsp coconut flour
- 2 tbsp brown sugar substitute
- 1/2 tsp baking powder
- 1/4 cup light butter (keep refrigerated until ready to use)
- 1/2 large egg (or 1 small egg)
- 1-2 tbsp milk of choice
- 1 tsp sugar

DIRECTIONS:

1. Preheat oven to 375 F
2. Blend oats into flour
3. Grab a medium-large bowl, add and mix the Glam Pro, oat flour, coconut flour, brown sugar, and baking powder. Mix until well combined
4. Add the cold butter, press and mix with a fork until the butter is incorporated into the dry mixture. There should not be large clumps but it will be a clumpy mixture
5. In a small bowl beat the egg. Add half the beaten egg into the mixture and mix well
6. Fold in blueberries
7. Place dough in a floured surface. Work the dough with your hands to form a ball. Press the dough into a ~4-5 inch diameter disc
8. Cut the dough into 4 scones and place in a baking sheet. Brush the scones with the milk and sprinkle 1/4 tsp on each scone
9. Bake for 18-20 minutes

Enjoy!

Makes 4 Servings | Serving Size: 1 Scone
Calories: 190 | Protein: 11 g | Carb: 25 g | Fat: 8 g | Fiber: 3