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SPRINGTIME LEMON SCONES - S

Mmmm... On-plan lemon scones and a cup of coffee with collagen is a great way to wake up for breakfast or soothe your afternoon as a snack! This spring-like recipe is from THM Certified Coach Tish Fournier. You can find her Facebook Coaching page, "Break Free with Coach Tish", and the original posting of the Lemon Scones [here](#).

Serving Size: Family-serve; Serves 6 to 8

INGREDIENTS:

For the Scones...

- 2 cups THM Baking Blend
- 3 Tablespoons THM Gentle Sweet
- Zest of 1 lemon
- 1/4 teaspoon lemon extract
- 2 Tablespoons lemon juice
- 1/2 teaspoon baking soda
- 1 teaspoon aluminum-free baking powder
- 1/4 teaspoon Mineral Salt
- 1/2 cup cold butter (grated on a cheese grater)
- 1/2 cup 0% Greek yogurt
- 2 eggs

For the Lemon Glaze...

- 4 Tablespoons melted butter
- 5 Tablespoons THM Gentle Sweet
- 1/4 teaspoon vanilla extract or THM Vanilla Natural Burst
- 4 Tablespoons lemon juice
- 1 Tablespoon THM Baobab Boost powder (optional)
- 1/2 teaspoon of THM Glucic
- 1/2 teaspoon THM Just Gelatin
- Lemon zest, for sprinkling on top (optional)

(Recipe Continued...)

(*Springtime Lemon Scones*, Continued...)

INSTRUCTIONS:

For the Scones...

1. Preheat the oven to 375 degrees Fahrenheit.
2. Mix all the dry ingredients together. Then grate the butter in. Use your fingers to mix and mush the butter with the dry ingredients till it seems like a grainy flour.
3. In a small bowl mix the yogurt, lemon zest, lemon extract, lemon juice, and eggs together.
4. Add the wet and dry ingredients together. Mix well, it should remain a little sticky.
5. Form the dough into a ball and place onto a flat surface. (Some might want to use a little oat fiber sprinkled onto the surface, but this could dry out the scone if you use too much.) Pat down into a circle about 1-inch thick.
6. Cut the patted dough into 8 pieces with a pizza cutter and place the pieces onto a parchment-lined cookie sheet. Gloss each top with a little Greek yogurt.
7. Bake at 375 degrees Fahrenheit for 15 minutes or until golden. Cool and then glaze.

For the Lemon Glaze...

1. Once the scones have cooled, place the glaze ingredients into a wide mouth mason jar and blend with an immersion blender. After a few minutes it'll get nice, thick, and creamy.
2. "Frost" the tops of the cooled scones. Sprinkle with a little lemon zest, if desired, and enjoy!

RECIPE NOTES:

For an egg-free version of the "Lemon Scones", be sure to check out THM Certified Coach Tina Robert's tweak at "[*Anointed With Oil of Joy*](#)".

The *Springtime Lemon Scones* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com