

Blueberry Lemon Scones



I'm always amazed at how easy these scones are to make! With their rustic yet elegant appearance, they're the perfect companion for a picnic with friends or a family brunch. For an everyday treat, pair your healthy scone with fruit and Greek yogurt for a quick and complete breakfast!

Preparation 20 min

Cooking 25 min

Servings 8

Nutrition Facts (per serving)

Calories 170

Fat 5

Carbohydrates 26

Fibre 3

Protein 6

Sodium 220

Ingredients

- 180 ml ($\frac{3}{4}$ cup) 1% cottage cheese
- 375 ml (1 $\frac{1}{2}$ cups) whole wheat flour (plus extra for dusting)
- 60 ml ($\frac{1}{4}$ cup) granulated sugar of choice
- 7.5 ml ($\frac{1}{2}$ tbsp) baking powder
- A pinch of salt

- 45 ml (3 tbsp) stick margarine**
- 250 ml (1 cup) fresh or frozen blueberries

Cream Cheese Glaze (Optional):

- 60 ml (¼ cup) 1% cottage cheese
- 5 ml (1 tsp) vanilla extract
- 2.5 ml (½ tsp) maple syrup or icing sugar

Preparation

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper or a silicone mat.
2. In a blender, process the cottage cheese until smooth.
3. In a large bowl, mix the dry ingredients together.
4. Add the margarine and mix with your fingertips until the mixture resembles coarse crumbs.
5. Gently fold in the cottage cheese using a fork. Be careful not to overwork the dough.
6. Fold in the blueberries, then dust the dough with flour. Place it on a floured surface and shape it into a disc about 2.5 cm (1 inch) thick.
7. Cut into 8 wedges and arrange them on the baking sheet, spacing them apart. You can refrigerate the dough at this stage for 30 minutes to improve the final texture.
8. Bake for 22-25 minutes, or until lightly golden.
9. If desired, prepare the glaze while the scones are baking: blend the cottage cheese, vanilla extract, and maple syrup in a blender.
10. Let the scones cool slightly before drizzling with glaze.

Notes

Best enjoyed the same day. Can be stored at room temperature for up to 4 days or frozen for up to 3 months.

****Tip:** **Stick margarine** works well for this recipe. However, if you only have **regular margarine** on hand, I've tested it, and it works just fine too.



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