



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



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## LEMON SCONES

Advanced Lifestyle

### Ingredients

2 cups unbleached or all-purpose flour  
1 TBS baking powder  
1 TSP ground cardamom or coriander  
½ TSP Morton's Lite salt  
3 TBS Splenda  
1 TBS canola oil  
3 egg whites  
½ cup (4 oz.) low-fat plain or lemon yogurt  
1 TBS grated lemon peel

### Instructions

1. Preheat the oven to 400°. Coat a baking sheet with nonstick spray.
2. In a large bowl, combine flour, baking powder, cardamom or coriander, Morton's Lite salt and 2 TBS Splenda. Drizzle with oil, and mix with a fork until evenly distributed.
3. Reserve 1 TBS egg whites.
4. Stir yogurt, lemon peel, and remaining egg whites into flour mixture. Stir gently with a fork until mixture holds together. Turn onto lightly floured surface. Knead about 8 strokes to mix dough thoroughly. Pat out dough to form 8" circle.
5. With a sharp knife, cut evenly into 8 wedges. Arrange wedges, about 1" apart, on the prepared baking sheet. Brush with reserved egg whites. Sprinkle with remaining 1 TBS Splenda. Bake 15 minutes, or until golden brown.

**Portion-Per-Serving Information:** (Yields 8 servings)

Serving = 1 scone = 1 G, ½ FT