

# Healthy Blueberry Greek Yogurt Scones

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-scone-recipe-greek-yogurt>

## Ingredients:

- 2/3 cup all purpose flour
- 1/2 cup white whole wheat flour or whole wheat pastry flour
- 3 tablespoons brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 pinch salt
- 1/3 cup nonfat plain greek yogurt
- 1/2 teaspoon vanilla
- 3 tablespoons butter
- 1 egg white
- 1/2 cup frozen blueberries or fresh
- cooking spray
- 1/2 tablespoon granulated sugar
- 1 pinch canela

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 300 milligrams
9. Sugar: 10 grams

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