

## Recipe: Jill's High Protein Scones

These are my favorite clean treat to bring to events, lunches, day parties and other people's homes. I like playing "dessert defense" so it's important that I bring a treat I can have too. These are my go-to goodies (also featured in SELF magazine ☺). Hope you love them!

Preheat oven 350 F

- *Combine all of the following in a large bowl:*
- 2.5 cups almond or hazelnut flour/meal (can find at Whole Foods)
- 3 scoops whey protein powder (unflavored, vanilla or BSN Lean Dessert in Cinnamon Roll)
- 1 cup liquid egg whites
- ½ cup old fashioned oats
- ½ cup walnuts
- ¼ cup dried cranberries
- ¼ cup raisins
- ¼ cup dark chocolate chips
- 1/3 cup erythritol or xylitol granules
- 2 tbsp cinnamon
- Dash, nutmeg

Mix ingredients thoroughly with a fork or wooden spoon

Spoon scone-like blobs onto sprayed cookie sheets

Bake for 15 minutes

Cool for 5 minutes, remove from pan and enjoy!

Makes 16 servings