

This Keto Easy Scones recipe only requires just 4 ingredients; flour, cream, sparkling water and lemon zest – and they taste just as good as any scone you have ever had. Enjoy!

Servings - 20

Prep Time - 5 Mins | Cook Time - 20 Mins | Total Time - 25 Mins

Difficulty - Easy



Cuisine - U.K.

RECIPE

KETO EASY SCONES

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Electric Stand Mixer](#)

[Non Stick Small Saucepan](#)

[Spatula](#)

[2x Baking Tray](#)

[Parchment Paper](#)

[Non-Stick Silicone Baking Mat](#)

[Cookie Cutter Set](#)

[2 Ltr Airtight Container](#)

INGREDIENTS

[FHALL Low Carb All-Purpose White Flour](#)

[1 Cup Double/Heavy Cream](#)

Note: You can replace the cream with full fat greek yoghurt

1 cup of sparkling water

1 Tsp lemon zest

METHOD

Preheat oven to 400°F/200°C or Fan 180°C/Gas Mark 6.

In an electric stand mixer, add the flour, cream, water and lemon zest and mix on medium-high with a paddle until the mixture is smooth (approx 2 or 3 minutes)

The dough should be pretty sticky. Place a piece of parchment paper on a baking mat and shape the dough into a square.

Using your hands , flatten the scone dough to about 2 -3 cm (1 inch) thick and then cut it into rounds with a floured scone cutter.

Place scones onto a lined baking tray so that they are just touching, and then bake for 15 to 20 minutes.

Scones are cooked when golden brown and can be easily pulled apart where they are joined.

STORAGE

Keep in an air proof container for 4 or 5 days. Freeze for up to 45 days. Thaw completely and pop one scone at a time in the microwave for a few seconds. They will be just like they were when freshly baked!

NUTRITION FACTS

Per serving : 52 g | Calories 125 | Protein 12.4 g | Fat 3.8 g | Carbs 10.1 g | Fiber 7.5 g
Net Carbs : 2.6 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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