

Dialyvite® Hi-Peak Blueberry Scones



A Tea Time favorite improved with Dialyvite® Hi-Peak Protein

Ingredients:

2 cups all-purpose flour
2 Tablespoons white sugar
1 ½ teaspoon cream of tartar
¼ cup cold butter
1 cup blueberries

dash of salt
¾ teaspoon baking soda
3 scoops Dialyvite® Hi-Peak Protein Powder
½ cup milk
1 egg

Mix dry ingredients. Cut in the butter and mix until crumbly. Gently stir in the blueberries. Add egg and milk. Mix with a fork, just until dry ingredients incorporated. Divide dough into thirds. Pat each third into a 9” circle. Cut into fourths. Place each triangle on a parchment lined cookie sheet. Bake at 450° for 12 minutes.

Each serving contains approximately:

6 grams of Protein 4.5 grams of Total Fat 1.6 grams Saturated Fat 4 grams of Sugar 152 milligrams of Sodium
162 milligrams of Potassium 1 gram Dietary Fiber 71 milligrams of Phosphorus 21 grams of Carbohydrates 152 Calories