

HERB AND GARLIC OLIVE OIL SCONES

Makes 16 Scones

2 cups	all-purpose flour
1 tbsp	baking powder
¼ cup	Parmesan cheese, grated
¼ tsp	salt
¼ tsp	pepper
½ cup	plain yogurt
½ cup	olive oil
1	egg
1	garlic clove minced
1 tbsp	Italian spices

Preheat oven to 375 F.

1. In a large bowl, mix together flour, baking powder, Parmesan cheese, salt and pepper.
2. In another bowl, whisk together the yogurt, oil, egg, garlic and herbs until it forms a thick mixture.
3. Add this to the flour mixture, stirring until it forms into a soft dough.
4. Knead the dough on a lightly floured surface, 10 – 12 times until it is smooth. Divide in two.
5. Pat each piece into approximately a 5" (12 cm) circle.
6. With a sharp knife, cut each round into 8 wedges. Place the wedges on an ungreased baking sheet.
7. Repeat with the second half of dough.
8. Bake for 15 – 18 minutes, until risen and lightly browned on top.

Nutritional Analysis per slice

Calories	132 kcal
Protein	3 g
Fat	7.7 g
Carbohydrates	12.6 g
Fibre	0 g