

Lemon Blackberry Scones

Ingredients:

2 cups **Wellness Forum Health QuickMix**

1/2 cup water

3/4 cup sucanat

1 teaspoon lemon extract

zest of 1 lemon

1 ½ cups fresh or frozen blackberries

Instructions:

- Preheat the oven to 350 degrees.
- Pour the QuickMix into a medium mixing bowl.
- Make a well in the center and add the water, sucanat, lemon extract, lemon zest, and berries
- Gently fold the ingredients together until all of the water is incorporated into the mix. Do not over mix.
- Using a large ice cream scoop or a tablespoon, drop the batter onto a non-stick baking sheet.
- Bake for 20-25 minutes. Serve warm.