



## Pumpkin Chocolate Chip Mini Scones



1/4 of recipe (1 mini scone): 75 calories, 1g total fat (0.5g sat. fat), 218mg sodium, 15g carbs, 1g fiber, 2.5g sugars, 1.5g protein

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**Prep:** 10 minutes    **Cook:** 10 minutes



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### Ingredients

1/2 cup self-rising flour  
1 packet natural no-calorie sweetener  
1/8 tsp. pumpkin pie spice  
1 dash salt  
1/4 cup canned pure pumpkin  
1 tbsp. mini semi-sweet chocolate chips  
Optional topping: powdered sugar

### Directions

In a large bowl, combine flour, sweetener, pumpkin pie spice, and salt. Add pumpkin. Mix until dough forms. (It will be crumbly at first, but keep mixing!)

Fold in chocolate chips. Shape dough into a ball. Slightly flatten, and cut into 4 quarters.

Spray an air fryer with nonstick spray. Place scones in the air fryer, and spray with nonstick spray.

Set air fryer to 360°F. Cook until golden brown and cooked through, 8-10 minutes.

MAKES 4 SERVINGS

**Oven Alternative:** Bake at 385°F until golden brown and cooked through, 12-14 minutes.

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