

Description:

Craving warm, savory bakery style treats without messing up your low-carb lifestyle? These Air Fryer Cheese Scones combine sharp cheddar and Greek yogurt for a golden, flaky crust and a melt-in-your-mouth tender center. Quick to prep and cooked in under 12 minutes, they offer a savory, high-protein snack that hits all your savory comfort food cravings effortlessly.

Can This Air Fryer Cheese Scone Support Weight Loss Goals?

Yes, these air fryer cheese scones support weight loss goals by leveraging a high-protein, low-carb ingredient base that helps promote satiety. The combination of almond flour and Greek yogurt provides sustained energy while keeping blood sugar spikes at bay, helping you stay full longer and curb unnecessary snack cravings between meals.

Does Air Fryer Cheese Scone Fit a High-Protein Lifestyle?

Absolutely, this recipe fits seamlessly into a high-protein lifestyle by swapping traditional refined wheat flour for a blend of protein-dense almond flour and fat-free Greek yogurt. With minimal net carbs per serving, it offers an ideal macronutrient profile for muscle recovery and daily energy. The inclusion of sharp cheddar cheese further boosts the total protein count while maintaining rich, savory flavor.

My Personal Experience:

- Texture Perfection in the Air Fryer:

Using circulating hot air gives these scones an incredibly crispy, golden exterior while keeping the center soft and airy.

- Fast Cleanup and Prep:

Mixing everything in a single bowl and frying for just 10 minutes makes this my top choice for busy morning meal preps.

- Rich Cheese Flavor:

Sharp cheddar melts into pockets throughout the dough, delivering a warm, savory bite

every single time.

Perfect For:

These scones are perfect for high-protein breakfasts, low-carb afternoon snacks, savory keto diet meal plans, post-workout refueling, and weekend brunch spreads.

Why You'll Love This Recipe:

- **Rapid Air-Fryer Cooking:**

achieve a fresh-baked bakery finish in less than half the time of a traditional oven without heating up the kitchen.

- **High-Protein Satiety:**

Packed with Greek yogurt and almond flour to give you lasting energy without the heavy carb crash.

Common Mistakes to Avoid:

- **Over-mixing the dough:** Stirring too much makes almond flour dough dense and heavy instead of tender and flaky.
- **Overcrowding the basket:** Placing scones too close together blocks air circulation, leading to uneven browning and soggy edges.
- **Using cold cheese blocks:** Pre-shredded cheese coated in cellulose prevents proper melting; grate your own sharp cheddar for best results.
- **Skipping parchment paper:** Placing raw dough directly on the grate can cause it to sink through or stick severely.

Required Equipment:

- Air Fryer: Circulates rapid hot air to create a golden, crispy crust quickly.
- Perforated Parchment Liners: Prevents sticking while allowing hot air to flow evenly beneath the scones.
- Mixing Bowl: Provides ample space to fold ingredients gently without overworking the dough.
- Cheese Grater: Shreds fresh block cheese for superior texture and seamless melting.

Storage Instructions:

Store cooled leftover scones in an airtight container lined with a paper towel in the refrigerator for up to 5 days. For long-term storage, flash-freeze them on a baking sheet before transferring to a freezer-safe zip-top bag for up to 2 months. Reheat in the air fryer to restore the signature crispiness without sacrificing protein quality.

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- Preparation Time: 10 minutes
- Cooking Time: 10 minutes
- Total Time: 20 minutes
- Servings: 4 scones

- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~210 kcal (approximate estimate)

Indulge in these golden, cheesy scones crafted with protein-packed ingredients to keep your nutrition on track. They deliver maximum savory comfort with minimal prep work and quick air-fryer cooking. Perfect as a quick bite or a meal-prep staple for your low-carb week.

□ Ingredients:

- 1 cup Almond Flour (blanched, fine-ground)
- ½ cup Greek Yogurt (plain, 0% or 2% fat; strain excess whey if watery)
- ½ cup Sharp Cheddar Cheese (freshly grated)
- 1 large Egg (room temperature)
- 1 tsp Baking Powder
- ¼ tsp Garlic Powder
- ¼ tsp Salt

Directions:

1. Preheat: Set your air fryer to 350°F (175°C) and line the basket with perforated parchment paper.
2. Combine Dry Ingredients: In a bowl, whisk together 1 cup almond flour, 1 tsp baking powder, ¼ tsp garlic powder, and ¼ tsp salt until uniform.
3. Mix Wet & Fold: Fold in ½ cup Greek yogurt, 1 egg, and ½ cup grated cheddar until a soft dough forms; avoid overworking to keep the texture light.

4. Shape: Divide dough into 4 equal round discs (about 1-inch thick) on a lightly floured surface.
5. Air Fry: Arrange scones in the basket with 1-inch space between them and cook at 350°F for 9–11 minutes until golden brown on top and firm to the touch.

Nutrition Facts (Per Serving – Approximate):

- Calories: 210 kcal
- Fats: 15 g
- Cholesterol: 60 mg



- Amelia BirdAmeliaEdit ProfileSodium: 280 mg
- Potassium: 140 mg
- Total Carbohydrates: 6 g
- Fiber: 3 g
- Net Carbs: 3 g
- Sugars: 1.5 g
- Protein: 13 g
- Calcium: 180 mg

Notes:

- Storage & Reheating: Warm refrigerated scones in the air fryer at 320°F for 2–3 minutes for best texture.
- Allergy Note: Contains tree nuts (almonds), dairy, and eggs.
- Flavor Boost: Add chopped fresh chives, red pepper flakes, or cooked bacon bits into the dough for extra depth.