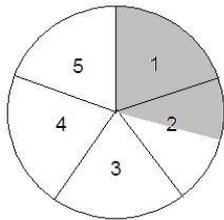


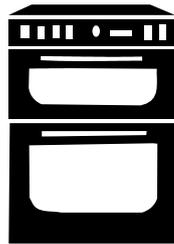
Wholemeal Fruit Scones

Serves 8 Scones

Portions of fruit & vegetables per serving: 1½



Oven needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

Contains milk

May contain sulphur
dioxide

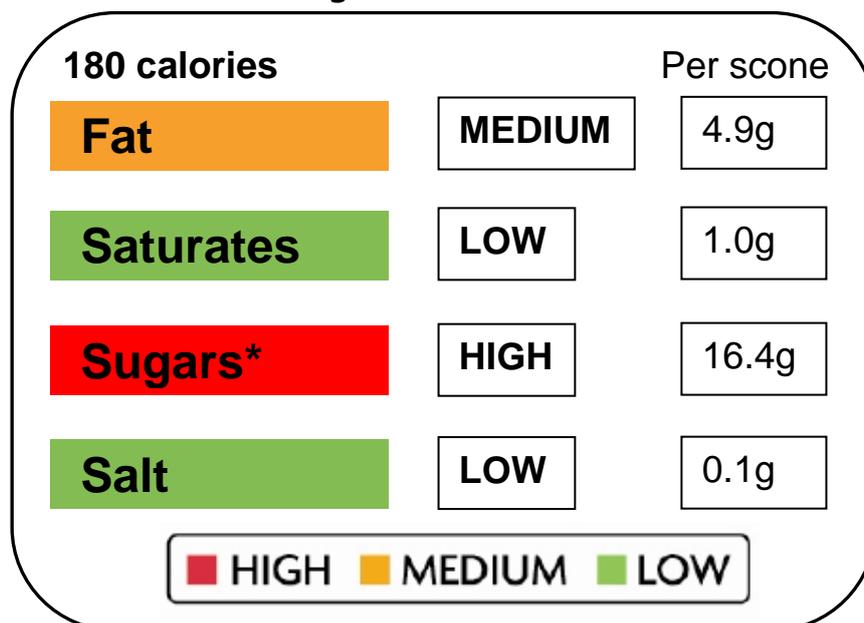
Ingredients	Amount	Preparation
wholemeal self raising flour	200g (8oz)	
margarine	50g (2oz)	cut into cubes
sugar	15g (½oz)	
raisins or sultanas	150g (5oz)	
semi-skimmed milk	145ml (¼ pint)	

Please Turn Over



Method

- 1 Switch on the oven to 230°C / 450°F / gas mark 8.
- 2 Lightly grease a baking tray with a little margarine.
- 3 Place the flour in a mixing bowl and add the margarine.
- 4 Rub the flour and margarine together with your fingertips until they look like fine breadcrumbs.
- 5 Mix in the sugar and fruit. Then add the milk slowly, mixing well until the mixture becomes a stiff dough. If it is too dry add a little bit more milk, if it is too sticky add a little bit more flour.
- 6 Place the mixture on a floured surface and roll out or gently press out until it is 2cm thick. Alternatively split the mixture into 8 equal amounts, gently roll into balls and flatten slightly. Try to keep all the scones the same size.
- 7 Place on the baking tray and put them in the oven and cook for 10-15 minutes until firm and golden brown.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Try using other dried fruit for a different flavour.
- Serve with fresh or frozen mashed summer fruits and natural yoghurt instead of cream and jam.

