

WHAT YOU NEED

- 225g self raising flour (1⅓ mug)
- 1 teaspoon of baking powder
- 50g low fat spread (2 dessertspoons)
- 1 dessertspoon of sugar
- 3 dessertspoons of raisins or sultanas
- 1 teaspoon of cinnamon
- ½ large mug of milk

How to Make Fruit Scones

Makes 10 -12 scones



1 Pre-heat oven to 190°C or gas mark 5 and collect your ingredients.



2 Add flour, baking powder and low fat spread to large bowl.



3 Rub the spread and flour together with your fingertips, until it resembles breadcrumbs.



4 Stir in sugar, raisins or sultanas and cinnamon.



5 Gradually add the milk, stir using a knife until it forms a dough.



6 When dough is formed, pat the dough with your hands and flatten slightly on a floured surface.



7 Cut into 10-12 scones using a scone cutter or a glass.



8 Brush with a little milk then place onto a baking tray.



9 Bake for 12 to 15 minutes or until golden brown.