

Berry scone wedge

Traffic light category: **Green**

Serves: 12-16

Ingredients

- » 1 ½ cups self-raising flour
- » ½ cup wholemeal self-raising flour
- » ½ teaspoon baking powder
- » 2 tablespoons sugar
- » 3 tablespoons polyunsaturated margarine
- » 200g reduced fat yoghurt (any flavour)
- » 80g fresh or frozen berries

Method

1. Sift flour and baking powder into a bowl, add sugar and rub in margarine until it resembles breadcrumbs
2. Stir through the yoghurt and berries
3. Bring the dough together and using your hands flatten out to a circle approximately 2-3cm thick
4. Cut into wedges and pull pieces apart slightly
5. Brush with milk
6. Bake in moderate oven for 15-20 minutes or until golden.

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	54g	100g
Energy	577kJ	1061kJ
Protein	3g	6g
Total fat	3g	6g
Saturated fat	0.8g	1.5g
Carbohydrate	22g	41g
Sugars	6g	11g
Dietary fibre	2g	3g
Sodium	270mg	497mg



Image source: kidspot.com.au