

Pumpkin Scones

Traffic light category: **Green**

Serves: 12 -24

Ingredients

- 2 cups self raising flour
- ½ teaspoon ground nutmeg
- 60g polyunsaturated margarine
- ½ cup reduced fat milk
- ⅔ cup cooked mashed butternut pumpkin (skin removed)
- 2 tablespoons parmesan cheese, finely grated
- Pinch paprika
- Pumpkin seeds (optional)

Method

1. Preheat oven to 220°C, line baking tray with grease proof paper
2. Sift flour and nutmeg into a large bowl
3. Using your fingertips, rub margarine into flour until mixture resembles breadcrumbs
4. Make a well in the centre, add milk and pumpkin. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required.
5. Turn onto a lightly floured surface, knead gently until smooth
6. Pat dough into a 2cm thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds for large scones or use a 2.5cm cutter for 24 mini scones
7. Place scones, just touching onto prepared baking tray
8. Mix parmesan cheese and paprika in a small bowl, sprinkle on top of scones, top with two or three pumpkin seeds if using
9. Bake for 20 minutes for large scones 12 minutes for mini scones or until golden and well risen.
10. Transfer to a wire rack to cool.

Nutrition information panel

| Nutrient | Per serve | Per 100g |
|---------------|-----------|----------|
| Energy | 518kJ | 1021kJ |
| Protein | 3.7g | 7.4g |
| Total fat | 3.4g | 6.7g |
| Saturated fat | 0.9g | 1.9g |
| Carbohydrate | 18.7g | 36g |
| Sugars | 2.4g | 4.8g |
| Dietary fibre | 1.1g | 2g |
| Sodium | 204mg | 402mg |

Recipe adapted from taste.com

Top tip - no need to add condiments, a thin spread of polyunsaturated margarine is acceptable.



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