

Quick Scones

Canteen Cuisine Cookbook Favourite

Traffic light category: **Green**

Serves: 10-12

Ingredients

- 2 cups self raising flour
- 1½ tablespoons polyunsaturated margarine
- ¾ cup reduced fat milk

Variations

- Sultana scones - add ½ cup sultanas at step 3
- Date scones - add 5 chopped dried dates at step 3
- Cheese scones - add ½ cup grated reduced fat cheese and a pinch of paprika at step 3

Method

1. Preheat oven to 220°C, line baking tray with grease proof paper
2. Sift flour 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. 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. Bake for 20 minutes for large scones 12 minutes for mini scones or until golden and well risen
9. Transfer to a wire rack to cool.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	407kJ	992kJ
Protein	3.1g	7.3g
Total fat	1.6g	3.9g
Saturated fat	0.3g	0.9g
Carbohydrate	16.9g	41g
Sugars	0.8g	1.9g
Dietary fibre	0.8g	2g
Sodium	170mg	415mg

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



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