

FRUIT SCONES

INGREDIENTS

225g wholemeal self-raising flour
2 tsp baking powder
40g low fat margarine
125ml skimmed milk
25g sugar
75g currants



METHOD

- Preheat oven to 200°C, Gas Mark 6
- Grease a baking sheet
- Sift the flour and baking powder into a bowl
- Add the margarine
- Using your fingertips rub the margarine into the flour until it resembles fine breadcrumbs
- Add the currants and sugar
- Pour in the milk a little at a time and mix to make a soft dough. Save a little of milk
- Place the dough on a floured work surface and knead lightly
- Roll out the dough until it is 1.5cm thick
- Use a cutter to push out scones
- Place on baking tray and brush with a little milk
- Place in oven and bake for 12-15 minutes
- Cool