

Cheese scones



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Makes 10 scones

Dietary

The perfect savoury cheese scone recipe – best eaten warm spread liberally with butter! These scones are so easy to whip up for lunchboxes or picnics.

Each serving provides 143 kcal, 3g protein, 18g carbohydrates (of which 1g sugars), 6.5g fat (of which 4g saturates), 1g fibre and 0.5g salt.

Ingredients

225g/8oz self raising flour

pinch of salt

55g/2oz butter

25g/1oz mature cheddar, grated

150ml/5fl oz milk

Method

1. Heat the oven to 220C/200C Fan/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter. Stir in the cheese and then the milk to get a soft dough.
3. Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm³/₄in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
4. Brush the tops of the scones with a little milk. Bake for 12–15 minutes until well risen and golden. Cool on a wire rack.

Recipe for Smoothie

Serves 1 person

Ingredients

Half a Banana



2 Strawberries



4 Blueberries



Half a cup of Apple juice



Blend all the ingredients in the mixer

Enjoy!!!

