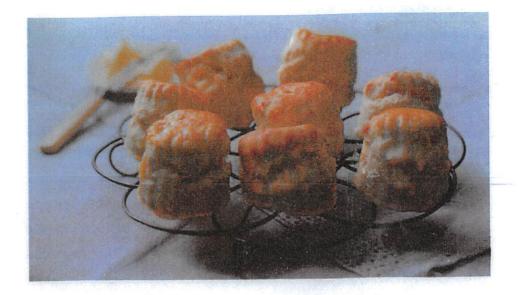
### Cheese scones



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Dietary

## Makes 10 scones

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 2cm/3/4in 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!!!