



## Fruit Scones

Mmmm – the taste of a freshly baked scone with homemade jam. Surprisingly healthy too as scones contain far less fat and sugar than cakes or muffins.

**Makes 8**

**You will need:**

225g Self raising flour

50g Butter

30g Caster sugar

60g Sultanas or raisins

1 Free range egg

100ml Fresh milk

**To Make**

1. Preheat oven to 180C/350F/Gas 4

2. Sieve the flour into a large bowl

3. Slice the butter into small pieces and gently rub into the flour

4. Add the sugar and dried fruit

5. Beat the egg into a small bowl and add milk

6. Add the egg mixture to the large bowl, saving a little for later.

7. Mix and knead well to form a ball of dough. Turn the dough out onto a floured surface and roll out to 1 inch in thickness.

9. Using a round pastry cutter or a plastic beaker, cut into rounds approx 6cm in diameter. Re roll the trimmings and cut more rounds

11. Place on a lightly greased baking tray and brush the tops with the remaining egg mixture. Bake in the oven for around 10 minutes.