

SCONES

World Cancer Research Fund | Cancer and Nutrition Experts



20 Minutes



Serves 8 people

**Nutrition
per serving**

Calories
140

Fat
4.3g

Sugar
7.5g

Salt
0.5g

Ingredients

- ♥ 4 tablespoons skimmed milk
- ♥ 1/2 teaspoon lemon juice
- ♥ 150g wholemeal self-raising flour, sieved
- ♥ 20g golden caster sugar
- ♥ 1 teaspoon baking powder
- ♥ 1/2 teaspoon ground cinnamon
- ♥ 40g reduced-fat spread
- ♥ 25g rolled oats
- ♥ 50g raisins or sultanas
- ♥ 1 medium egg, lightly whisked



Method

- 1 Preheat the oven to 220.C/Fan 200.C.
- 2 Gently warm the milk either in the microwave or on the hob and add a splash of lemon juice. Set aside until needed.
- 3 Combine the flour, sugar, baking powder and cinnamon together in a bowl.
- 4 Divide the reduced-fat spread into small pieces and add to the dry ingredients. Rub in the spread with your fingertips until the mix looks like fine crumbs.
- 5 Into the same bowl, add the oats, raisins, warmed milk and most of the egg – leaving a small amount for glazing. Mix well to form a dough.
- 6 On a lightly floured surface, roll out the dough to about 1cm thickness. Using a 6cm diameter cutter, cut out 8 scones.
- 7 Place the scones onto a lined baking tray – evenly spaced – and lightly brush with the remaining egg.
- 8 Bake for 10–12 minutes, until golden and crispy.