

# Cheesy Pumpkin Scones

Savoury scones are a great way to experiment with filling little tummies with vegetables in a deliciously simple way. Cheesy pumpkin scones is ideal for an early morning or afternoon snack.



Serves 10 children



45 minutes

## INGREDIENTS

Pumpkin, raw, chopped 200g (1 C)

Flour, self-raising 180g (1  $\frac{1}{4}$  C)

Flour, self-raising, wholemeal 40g ( $\frac{1}{4}$  C)

Cinnamon 1g (1 t)

Milk, Hilo 62ml (3 T)

Margarine, polyunsaturated 30g ( $\frac{1}{2}$  T)

Cheese, cheddar, grated 30g (1  $\frac{1}{2}$  T)

## DIRECTIONS

1. Preheat oven to 180°C.
2. Prepare baking tray by dusting with flour, or use baking paper.
3. Steam pumpkin for 10 minutes. Allow to cool slightly.
4. Add flours, rub in margarine to make breadcrumb mix.
5. Mash cooled pumpkin with cinnamon and milk and add to flour mix to make a soft dough (be gentle).
6. Sprinkle a little flour onto surface and roll mixture to about 2cm thick.
7. Cut into 12 rounds place on floured baking tray close together. Sprinkle with grated cheese.
8. Place in preheated oven for 20-25 minutes or until golden brown.
9. Turn onto wire tray and cool.

# Allergy Information

Contains: gluten, wheat, cow's milk protein.

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## Childcare RDI Calculator:

Fat	<div></div>	50 %
Vegetables	<div></div>	20 %
Meat/Alt*		0 %
Cereals	<div></div>	50 %
Dairy	<div></div>	20 %
Fruit		0 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services