

Sultana Scones

A traditional favourite for morning tea, bursting with juicy, plump sultanas and served with a spoonful of cream cheese or ricotta for a dairy boost. The sultanas could be replaced with dates, cranberries or other dried berries. Add some spice to add extra flavour, ginger, cinnamon or mixed spice.



Serves 10 children



25 minutes

INGREDIENTS

Makes 12 scones

Flour, self-raising 140g (1 C)

Flour, self-raising, wholemeal 70g (½ C)

Cinnamon 1g (¼ t)

Sugar, brown 40g (¼ C)

Milk, Hilo 125ml (½ C)

Margarine, polyunsaturated 30g (1 ½ T)

Sultanas 50g (1/3 C)

Serve with Cheese, ricotta 500g (1 tub)

DIRECTIONS

1. Preheat oven to 200°C.
2. Prepare baking tray by spraying with canola oil, or use baking parchment.
3. Sift all dry ingredients together.
4. Rub in margarine.
5. Add sultanas and blend in milk. Mix until a dough forms.
6. Sprinkle a little flour on to surface and roll mixture to about 2cm thick.
7. Use pastry cutter to make 12 scones. Place on tray close together.
8. Place in preheated oven for 15 minutes or until golden brown.
9. Turn onto wire tray and cool.
10. Serve plain or with a spoonful of cream cheese or ricotta cheese.

Allergy Information

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

Childcare RDI Calculator:

Fat	<div></div>	50 %
Vegetables		0 %
Meat/Alt*		0 %
Cereals	<div></div>	50 %
Dairy	<div></div>	110 %
Fruit	<div></div>	10 %

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

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