honey pumpkin scones
from the garden
1 egg beaten
1 cup grated butternut pumpkin

from the pantry
250g self raising flour
125g wholemeal self raising flour
1 teaspoon baking powder
½ teaspoon cinnamon
½ teaspoon grated nutmeg
85g raw sugar
90g rice bran
½ cup natural yoghurt
½ cup milk
2 tablespoons of honey
2 tablespoons of melted butter

Method
1. Combine all sifted dry ingredients into a large bowl.
Make a well in the centre
2. Add pumpkin. Blend yoghurt, milk egg honey and butter. Add
liquid ingredients and mix to a soft dough.
3. Place on a floured board, knead for a few minutes, roll out and cut
into rounds with a scone cutter.
4. Place scones close together on a greased tray. Bake in a hot oven
210 degrees Celsius for about 20 minutes or until scones are golden
brown.

Makes about 16–20 scones