

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 or 125g self raising flour.

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{2}$ teaspoon grated nutmeg

85g raw sugar

90g rice bran

$\frac{1}{2}$ cup natural yoghurt

$\frac{1}{2}$ 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 210degrees Celsius for about 20minutes or until scones are golden brown.

Makes about 16-20scones

* Double
recipe

no rice
bran just
use flour.