

Apple and Cinnamon Scones

Makes about 8 scones

Ingredients:

200g self raising flour
1 teaspoon ground cinnamon
50g reduced fat margarine
25g brown sugar
1 egg
100 ml semi skimmed milk
1 small eating apple, peeled & chopped



(approximately)
small

Equipment: Mixing bowl, Pastry brush, Vegetable peeler, Measuring spoons, mixing spoon, Knife, Pastry cutter, Rolling pin, Scales, baking tray

Method: Preheat oven to 200 °C, gas mark 6

1. Sift the flour & cinnamon into the mixing bowl, add sugar.
2. Using your hands, rub in the margarine until it resembles breadcrumbs.
3. Add the Peeled, core & chopped apple to the mixture
4. Make a well in the centre, beat the egg & milk together and pour into the mixture. Mix until it forms a stiff dough, turn out onto floured surface.
5. Knead until smooth, roll out to 2.5cm/ 1 inch thick, cut out circles with pastry cutter.
6. Put onto baking tray, brush with a little milk and bake in oven for about 10 minutes or until golden brown and cooked through.

Total cost: 80p

Cost per scone: 10p

Checked 19/9/12 PM