

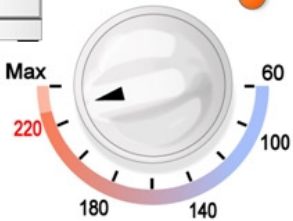
Fruit and nut scones



Ingredients

- ½ cup self raising flour
- ½ cup wholemeal self raising flour
- 1/3 cup dried fruit
- 1 tablespoons of nuts or seeds
- ½ teaspoon of margarine and jam for each scone
- ¼ cup milk
- 2 tablespoons of margarine

Equipment



1 Pre-heat the oven to hot (220 degrees)

2 Add plain & wholemeal flour

3 Add butter

4 Rub in flour and butter



5 Add sugar, nuts or seeds & dried fruit

6 Rub ingredients

7 Add milk

8 Add together



9 Place mixture on board dusted with flour



10 Knead



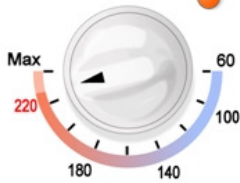
11 Roll in balls



12 Shape



13 Place on tray



14

Place in hot oven (220 degrees) Cook for 10 minutes (The time will depend upon the oven)



15 Cool



16

Serve - Use 1/2 a teaspoon of jam and margarine for each scone



Good food plate



Serves in 6 scones



4 serves of cereal



1 serve of dried fruit



1/4 serve of milk



1/4 serve of nuts

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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