

PUMPKIN SCONES



Prep and cook time: 30 minutes

Freezer friendly

Ingredients

- 2 cups wholemeal self raising flour
- 1/2 teaspoon ground nutmeg
- 60g unsalted butter, chilled and cubed
- 1/2 cup reduced fat milk, plus extra for brushing
- 1/2 teaspoon lemon juice
- 2/3 cup mashed, cooked pumpkin

Method

1. Preheat oven to 220 °C.
2. Line baking tray with baking paper.
3. Sift flour and nutmeg into a bowl. Using fingertips, rub butter into flour mixture until it resembles breadcrumbs.
4. Add milk, lemon juice and pumpkin. Stir until a sticky dough forms.
5. Turn out dough onto a lightly floured surface. Knead until just smooth.
6. Using a lightly floured rolling pin, gently roll dough until 2cm thick.
7. Using a 6cm round cutter, cut out scones. Press leftover dough together and repeat until no dough remains.
8. Place scones on prepared tray and brush with milk.
9. Bake for 12 to 15 minutes.

