



SABELLA FITNESS

HEALTHY HIGH TEA SCONES

A low calorie and reduced fat scone recipe that makes a great occasional morning or afternoon tea snack

INGREDIENTS

Serving: Makes 12

- 2 cups self-raising flour
- ¼ teaspoon salt
- 1 tablespoon reduced-fat butter
- ¾ cup skim milk

PREPARATION: 25 MIN

COOKING: 10- 15 MIN

READY IN: 35 - 40 MIN

METHOD

- Preheat oven to 220°C.
- Sift flour and salt. Rub spread into dry ingredients. Add milk and mix to a soft dough. Add a little extra milk if needed.
- Turn onto a lightly floured board. Knead lightly until smooth. Roll out to 2cm-thick dough and cut into 12 equal-sized shapes using a cutter or knife.
- Arrange on a lightly oiled baking tray and brush tops with milk. Bake for 10-15 minutes until set and golden brown.

Cool on a wire rack.

Credit: healthyfood.com