

Basic Scone Recipe

Sugar Free

Yield 24 portions

Ingredients

3 cups Plain flour

½ tsp salt

6 tsp baking powder

60g Butter, softened

2 cups+ Milk

Method

Preheat oven to 220 deg C

Sift Flour and baking powder together

Rub Butter into the flour mix.

Add in the milk until a soft dough forms.

Do Not Over Mix.

Press out to around 4cm thick.

Cut out with a scone cutter.

Bake for approx 15-20minutes.



Alternate options

Banana Date Scones

1-2 Overripe mashed bananas

1 cup pitted dates softened in the microwave with 1 tbsp water.

2 tsp Cinnamon

1tsp Nutmeg

Add this into the scone dough before adding milk. Add in only enough milk to make a soft dough.

Coconut Raspberry Scone scrolls

½ cup desiccated coconut

2 cups frozen raspberries and a handful of pitted dates.

Add coconut into the basic scone dough- adjusting milk to ensure dough is not too dry.

Cook berries and dates together to form a compote.

Once you have pressed out the scone dough to approx 2cm thick- spread the berry mix on top.

Roll up the dough like and slice into scrolls.

Bake in oven as per basic recipe.

Choc Chip Scones

Add in 1 cup of Chocolate Chips to the basic dough. White, Milk or dark- or acombo of these can be used for a low sugar alternative.

The QAST (Queensland Association of School Tuckshops) guidelines suggest refraining from icing homebake as this takes the items from Amber/Green level through to a Red item. Whilst we appreciate that everyone enjoys sometimes foods- it is great to be able to offer our children a selection of healthier choices through the tuckshop on a regular basis.