

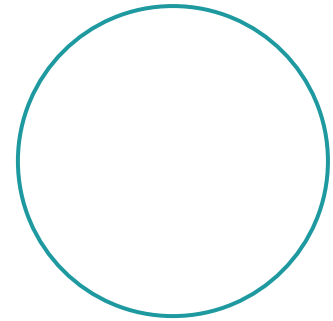


PUMPKIN SCONES

GREEN SNACK FOODS AND DRINKS

SUMMARY

Number of Serves	12
Total Cost of Ingredients	\$2.30
Cost price per Serve	\$0.19
Selling price per Serve	\$0.35
Source of recipe	Taste.com
Last reviewed	11/01/2016



INGREDIENTS

	QTY	COST
White self-raising flour	2 cups	\$0.20
Caster sugar	1 Tbsp	\$0.05
Butter, cubed	60g	\$0.40
Buttermilk	1/2 cup	\$0.30
Ground nutmeg	1/2 tsp	\$0.15
Butternut pumpkin, cooked and mashed (see note)	2/3 cup	\$1.20

METHOD

1. Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper. Position oven rack in the top half of oven.
2. Sift flour, nutmeg, sugar and salt into a bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.
3. Make a well in centre of mixture. Add buttermilk and pumpkin. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until just smooth.
4. Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 6cm fluted-edge cutter, cut out scones. Press leftover dough together. Repeat to make 12 scones.
5. Place scones, just touching, on prepared tray. Brush with buttermilk. Bake for 12 to 15 minutes or until golden and hollow when tapped on top.

NUTRITION (PER SERVE)

Energy (kJ) 565

Saturated Fat (g) 2.83

Sodium (mg) 208

NOTES

- You will need 300g peeled, chopped, butternut pumpkin to make 2/3 cup mashed cooked pumpkin

