

Scones (makes 6)

There are all sorts of varieties of scone with additions such as fruit, cheese and chocolate to name a few, and the recipe here can really be used as a basis. These plain scones have replaced half of the usual flour with oat or barley flour. The amount of flour replaced really depends on personal preference but half and half is a good starting point.

Ingredients

110g self-raising flour
110g oat flour or barley flour
1 teaspoon of baking powder
55g butter or vegetable oil spread
25g caster sugar
¼ teaspoon of salt
120ml milk

Method

1. Mix together the flours, baking powder and salt.
2. Chop up the butter and rub it into the flour mixture until it resembles a breadcrumb texture.
3. Stir in the sugar.
4. Slowly add the milk and stir the mixture until it comes together into a ball.
5. Turn out the mixture onto a lightly floured surface and roll out to a thickness of approximately 2cm.
6. Prepare a greased baking sheet.
7. Cut out the scones using an 8cm cutter and place on the baking sheet.
8. Bake in a pre-heated oven at 200°C/400°F/Gas Mark 6 for 15-20 minutes until golden brown.

Nutrition information

Oat Scone	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
58g	897kJ 214kcal	8.6g	4.8g	27.6g	4.8g	5.3g	2.2g	0.67g
Barley Scone	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
58g	1048kJ 248kcal	7.9g	4.6g	29.6g	4.8g	3.8g	1.8g	0.67g

Oat/Barley content

18g
per
scone

