

Ingredients:

Scones

- Spray oil
- 30g margarine, softened
- ¼ cup brown sugar
- 1 egg yolk
- 1½ cups self-raising flour
- 1 cup wholemeal self-raising flour
- 1/3 cup finely chopped dates
- 1 ¼ cups buttermilk (310ml)



Method

1. Preheat oven to 200°C. Lightly spray a tray with oil.
2. Beat margarine, sugar and egg yolk with electric mixer until light and fluffy.
3. Transfer mixture to a large bowl. Sift in flour and add the dates and buttermilk.
4. Use a knife to cut the buttermilk into the mixture to form a soft, sticky dough.
5. Turn dough onto a floured surface and knead gently until smooth.
6. Press dough out to 20 cm square, using a rolling pin if needed (about 2cm thick).
7. Cut dough using scone cutter onto 16 rounds and place on the tray.
8. Brush scones with buttermilk before baking for 20 minutes.

Serves: 16(scones)

| Food Group | Serves provided per scone |
|--------------------|---------------------------|
| Grains and cereals | 0.6 |