

Cheese Scones

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Makes 12 scones | Prep time: 10 min | Cooking time: 15 min



Cheese Scones

THESE CHEESE SCONES LOOK AND TASTE DELICIOUS. THEY ARE ALSO PERFECT FOR FREEZING SO YOU CAN COOK AN ENTIRE BATCH AND USE A FEW AT A TIME.

INGREDIENTS

450g self-raising flour

50g wholemeal flour

2 tsp baking powder

125g butter

½ tsp salt

2 tbsp sweetcorn (tinned or frozen)

150g mature Cheddar, grated

1 egg

160ml semi-skimmed milk

METHOD

1. Place both the flours into a mixing bowl with the salt, baking powder and butter. Using your fingertips, rub the butter into the flour to create a crumbly texture.
2. Add in the sweetcorn and grated cheese, then mix together.
3. Make a well in the middle and add in the beaten egg and $\frac{3}{4}$ of the milk. Using a metal spoon, carefully mix together to form a soft dough. Add milk if necessary to get the right texture.
4. Lightly dust a clean work top with a little flour and scoop out the scone dough. Using your hands, press the dough down to approximately 3cm thick. Using a cutter, cut out the scones and place on a non-stick baking tray.
5. Bake the scones for 12-15 minutes at 180°C until they have risen and are golden.

NUTRITIONAL ANALYSIS PER SCONE (APPROXIMATE)

285kcal | 8.4g protein | 33g carbohydrate of which 1.4g sugars | 14.4g fat of which 8.6g saturates | 1.8g dietary fibre | 537mg sodium equivalent to 1.3g salt | 255mg calcium | 331mg phosphorus | 0.5µg vitamin B₁₂