

Herb Scones

Makes 12

Preparation Time 15 minutes

Cooking Time 15 minutes

- 2 cups self-raising flour
- 1 teaspoon baking powder
- 60g (1/4 cup) **Flora pro-activ spread**
- 1 tablespoon sugar
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives
- 1 teaspoon chopped rosemary
- 1 egg, lightly beaten
- 1/2 cup (125mL) reduced fat milk
- 1 tablespoon reduced fat milk, extra, for glazing



Preheat oven to 210°C and line a baking tray with baking paper.

Sift flour and baking powder into a bowl. Add Flora pro-activ* and, using your fingertips, rub in the pro-activ* until mixture resembles fine breadcrumbs. Stir in the sugar, parsley, chives and rosemary. Using a round bladed knife, stir in the egg and milk and mix until mixture forms a ball. Toss mixture onto a lightly floured board and knead until smooth. Roll mixture to 1.5 cm thickness and using a scone cutter, cut into rounds. Place scones close together on prepared baking tray and brush tops with milk.

Bake for 15 minutes or until the scones sound hollow when tapped. Spread with extra Flora pro-activ* to serve.

Nutrition information

| | Per 100g | Per Serve |
|-------------------|-------------|--------------|
| Energy (kJ) | 1104 | 509 |
| Protein (g) | 7.0 | 3.2 |
| Total Fat (g) | 8.9 | 4.1 |
| Sat. Fat (g) | 2.3 | 1.1 |
| Carbohydrate (g) | 37.8 | 17.4 |
| Total Sugars (g) | 4.4 | 2.0 |
| Dietary Fibre (g) | 1.8 | 0.8 |
| Sodium (mg) | 488 | 225 |