

Pumpkin Scones

Makes 12

Preparation Time 10 minutes

Cooking Time 20 minutes

60 g (1/4 cup) **Flora pro-activ spread**

2 tablespoons caster sugar

1 teaspoon finely grated lemon rind

1 cup mashed pumpkin

1 egg, lightly beaten

2 1/2 cups self-raising flour

1/2 teaspoon mixed spice

reduced fat milk, approximately 1/4 cup

Flora pro-activ spread, 1 teaspoon extra per scone, for spreading



Preheat oven to 230 °C. Cream Flora pro-activ with sugar and lemon rind. Add mashed pumpkin and beat well.

Stir in egg, sifted flour and mixed spice and add sufficient milk to make a soft dough.

Turn dough onto a floured surface and knead lightly. Press out to 2cm thickness and cut into rounds. Place on a lightly greased oven tray, brush tops with milk and bake for 12-15 minutes, or until golden brown.

Hint: Microwave the pumpkin, drain well and mash until smooth. Allow to cool thoroughly before using in this recipe.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	1206	735
Protein (g)	6.1	3.7
Total Fat (g)	12.0	7.3
Sat. Fat (g)	3.0	1.8
Carbohydrate (g)	37.8	23.0
Total Sugars (g)	6.0	3.7
Dietary Fibre (g)	2.0	1.2
Sodium (mg)	383	233