



CHEESY SCONES

A delicious treat that can be eaten hot from the oven with butter or eaten later as a good pre-training or recovery snack.

 10 minutes 25 minutes 12 portions

INGREDIENTS

- 2 cups of wheat flour, white, all-purpose, unenriched [250 g]
- 2 level teaspoons of baking powder [8 g]
- 1/2 level teaspoon of salt [3 g]
- 100 grams of cheese, cheddar, grated
- 3/4 cup of milk, reduced fat, fluid, 2%
- 50 grams of butter, salted

COOKING METHOD

- 1° In a large bowl mix the flour, baking powder and salt.
- 2° Rub the butter into the dry ingredients with your fingertips, until the mixture resembles breadcrumbs.
- 3° Add the cheese and first 1/2 of the milk. Mix until the mixture starts to combine and then add the remaining milk, slowly until a you make a stiff dough.
- 4° Tip the mixture out onto a lightly floured bench or board and form a roll/ tube shape with the dough. Cut into 12 portions.
- 5° Cook in a hot oven [200 degrees Celsius] for about 10 minutes, or until lightly brown. Serve with additional butter.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [50 g]	% DRI
ENERGY	299 kcal	148 kcal	7 %
FAT	13 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	8 g	4 g	21 %
CHOLESTEROL	38 mg	19 mg	6 %
SODIUM	500 mg	247 mg	10 %
CARBOHYDRATE	34 g	17 g	6 %
SUGARS	0 g	0 g	—
FIBER	1 g	1 g	2 %
PROTEIN	10 g	5 g	—