



TREACLE SCONES

Preheat the oven to 220°C.

What you need:

230g of our everyday flour mix
5 level tsp gf baking powder
½ level tsp baking soda
½ level tsp guar gum
2-3 level tsp mixed spice
1TBS caster sugar

75g butter, cubed (note 1)
2 TBS black strap molasses
180-200ml buttermilk (note 2)
1 egg, beaten to glaze

To Make:

Add all the dry ingredients into a large bowl and mix well to combine. I like to use a whisk. Add the butter and rub it in with your fingertips until you have fine breadcrumbs. In a jug whisk together the milk and molasses. Add to the dry ingredients. Stir in the milk using a round bladed knife (enough to make a soft dough). Tip onto a lightly floured board and gently bring together. Carefully press the dough to a thickness of 3cms then press out 6-8 scones. (Dip the cutter into flour before cutting out each scone.) Gently re-roll as necessary. Place the scones a little apart on a baking sheet covered with baking paper. Brush the tops with the egg. Bake for 15-20 minutes (ovens will vary) or until golden brown on top. Cool for 10 minutes then serve warm or cold with your favourite toppings.

Note:

1. For dairy free use non dairy spread of choice eg. Olivani or Nuttelex
2. For dairy free use non dairy milk of choice. Add a splash of lemon juice.

Tip: These scones freeze well.