

Warm Pumpkin & Wattle Seed Scones

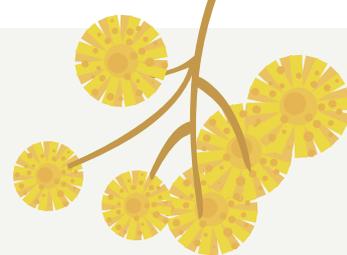
**Bee
Healthy**
menu by **Busy Bees.**



Warm Pumpkin and Wattle seed Scones

Prep time: 30 minutes. Cooking time: 15-20 minutes. Serves: 10.

Per child, this recipe provides: ½ serve of vegetables and 1 serve of fruit.



Ingredients

360g Pumpkin (recommend jap or butternut)

2 cups Self-raising flour (plus some for dusting)

1 tsp Wattle seed

145g Sour cream

70ml Soda water

1 tbsp Milk, reduced fat

3 tbsp Margarine

3 Kiwifruits

3 Oranges, medium

Tip: This dish offers flexibility; fruits can be changed to match what is in season or on special.

Allergen alternatives:

For gluten free, ensure self-raising flour is gluten free
For dairy free, use rice milk and Made with Plants™
sour cream.

Method

1. Preheat the oven to 180°C (fan-forced).
2. Bring a medium-sized pot of water to the boil.
3. Peel and cut the pumpkin into chunks and add to boiling water, cooking until soft.
Tip: Pumpkin can also be cooked in a microwave, using a microwave-safe dish, if available.
4. Mash pumpkin and remove any harder bits.
5. Sift flour into a large mixing bowl, stir through the wattle seed and make a well in the centre.
6. In a separate bowl, whisk the sour cream and 1 cup of pumpkin puree.
7. Add the sour cream and pumpkin puree mix to the flour, along with the soda water.
8. Using a butter knife, gently fold the scone mixture until it forms a rough dough.
9. Tip out onto a lightly floured board and bring the mixture together. Roll the scone dough out into a rough rectangle about 6cm thick.
10. Cut the scones into squares and place onto a lightly floured baking tray.
11. Brush with milk, bake for 15-20 minutes, or until golden and cooked through. Cool on a rack until ready for serving
12. While scones are cooking, peel and cut each fruit into 4-6 pieces.

Serve scones warm with margarine and fruit.