

Spinach and cheese scones

Ingredients

- 6 cups of plain flour
- 12 teaspoons of baking powder
- 75 grams of margarine
- Fresh spinach from the garden
- 200 grams of reduced-fat cheese, grated
- 3 cups of reduced-fat milk

Instructions

1. Preheat oven to 200°C.
2. Sift the plain flour and baking powder into a bowl.
3. Rub cold margarine into flour mixture until it resembles breadcrumbs.
4. Finely chop spinach into small pieces. Add spinach and half the grated reduced-fat cheese into the mixture. Mix well with fingers.
5. Make a well in the centre of the mixture and add 1 cup of reduced-fat milk. Gradually add more milk as needed until a dough has formed.
6. Place dough into a lined baking tray and form dough into a rectangle with floured hands (the dough will be sticky).
7. With a floured knife, cut dough into 12 even triangles and arrange on tray. Allow enough space between them as they will rise.
8. Add remaining reduced-fat cheese on top of scones.
9. Bake for 10 to 13 minutes until golden. Remove from oven and wrap in a clean tea towel.

Serves 12

