

# Pumpkin Scones

Food Foundations • another NAQ Nutrition program

## Ingredients

### Serves: 10

- ¼ cup sugar
- 1 tbsp butter
- ¼ tsp salt
- 1 egg
- 1 cup mashed pumpkin
- 1 ½ cups self-raising flour



## Method:

1. Pre heat oven to 200°C.
2. Beat sugar, salt and butter together using an electric mixer.
3. Add egg and beat together.
4. Use a spoon to stir through mashed pumpkin and self-raising flour. Once combined, put onto a floured surface and knead dough lightly. Add extra flour if needed.
5. Use a rolling pin to roll dough to 2cm thick. Use a cookie cutter or glass to cut into rounds, approximately 5cm diameter.
6. Line a baking tray with baking paper. Place scones together on tray. Bake in oven for 15 minutes.

## Note:

- You could add in some sultanas to this recipe before kneading.
- Depending on the type of pumpkin, you will need to cook ~400g to make one cup of mashed pumpkin. Put the pumpkin in a clean chux cloth and squeeze out any extra fluid before adding to the mixture.

Food Group	Serves provided per portion
Vegetables	0.3
Fruit	0
Grain foods	0.6
Lean meat and alternatives	0
Milk, yoghurt and cheese	0