

# Sultana Scones (Gluten Free)

OSHC

## Ingredients

- Spray olive oil
- 2 ½ cups gluten free self raising flour
- ½ teaspoon salt
- ½ cup caster sugar
- 2 teaspoons xanthan gum
- 1 teaspoon bicarb soda
- 20g butter, chopped
- 1 egg, lightly beaten
- 1 ½ cups buttermilk
- 2/3 cup (100g) sultanas

**Serves:** 10

**Prep Time:** 10 mins

**Cook Time:** 15 mins



## Method

1. Preheat oven to 180°C and lightly grease a baking tray with spray olive oil.
2. Sift the gluten free self raising flour, salt, caster sugar, xanthan gum and bicarb soda into a medium bowl. Rub in the chopped butter.
3. Add the lightly beaten egg, enough buttermilk and the sultanas to make a soft, sticky dough.
4. Turn out the dough onto a floured board or surface and knead lightly until smooth.
5. Flatten the dough to 2cm thick, then cut into rounds using a 5.5cm cutter or a cup/mug.
6. Place the scones onto the prepared baking tray, almost touching each other.
7. Allow the scones to rest for 5 minutes, then brush the tops with buttermilk.
8. Bake in the oven for approximately 15 minutes or until golden brown.
9. Allow to cool before serving.

### Recipe Notes:

Xanthan gum is used as a thickener in gluten free baking to keep the dough together and to help bind the ingredient, making baking soft and light.

| Food Group                 | Serves per portion |
|----------------------------|--------------------|
| Vegetables                 | 0                  |
| Fruit                      | 0.3                |
| Grain foods                | 1                  |
| Lean meat and alternatives | 0.1                |
| Milk, yoghurt and cheese   | 0.2                |