



WHOLEMEAL SWEET POTATO SCONES



Makes 12

Ingredients-

- 700g sweet potato, peeled and roughly chopped
- 2 ½ cups wholemeal self-raising flour
- Pinch of salt
- 50g softened butter
- ¼ cup reduced-fat milk

Method-

1. Fill a saucepan with water and bring to the boil. Add the sweet potato, cover, reduce heat and simmer for 15 minutes until both sweet potato is tender. Drain well and mash. Set aside to cool.
2. Preheat oven to 220°C. Line a baking tray with baking paper.
3. Sift flour and salt into a large bowl. Rub the butter into the flour until it resembles breadcrumbs.
4. Add the sweet potato mash and milk. Mix with a flat bladed knife until it all starts to hold together.
5. Form the dough into a ball and turn out onto a floured surface.
6. Using a rolling pin, roll the dough to about 3cm thick. Using a pastry cutter or cup, cut the scones out and place on the baking tray.
7. Brush the scones with a little extra milk.
8. Bake for 10-15 minutes, until golden.

Notes: Replace sweet potato with pumpkin or use a combination of both.
Roasted sweet potato/pumpkin adds a greater depth of flavour.
For a sweeter scone, add sultanas.

SPACE TO GROW