

Fruit Scones

Ingredients

240g self-raising flour

½ teaspoon salt

3 tablespoons MCT Oil

150ml skimmed milk

Filling

3 tablespoons MCT Oil

60g soft brown sugar

1 teaspoon cinnamon (optional)

60g currants

Method

1. Preheat the oven to 425°F/ 220°C/ Gas Mark 7.
2. Sift the flour and salt into a bowl.
3. Mix oil and skimmed milk in a separate bowl and add to the flour.
4. Turn out onto a lightly floured board and knead quickly until smooth.
5. Roll into a rectangle to approx. 20 x 30 cm.
6. Mix together all the ingredients for the filling and spread over the dough, to within 15mm of the edges.
7. Moisten the edges slightly with water and roll up like a swiss roll, starting from one of the longer sides.
8. Cut into 12 slices and arrange cut side down in a 20cm round tin.
9. Bake towards the top of the oven for 20-25 minutes until risen and golden brown.
10. Turn out onto a wire tray and leave to cool.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics