

CHEEZ'N TOMATO SCONES

This recipe uses 1 small packet of Walkers cheese flavour Quavers to give the scones a lovely cheesy taste. One small pack is 1/2 exchange (check the label or ask your dietitian if unsure) This recipe makes 10 small scones, so they do not have to be counted, (unless you eat them all in one go!) They are lovely as a snack, or served in place of bread with low protein soup or stew.

The sundried tomatoes that I use are the ones sold in a jar with oil. Just shake off the oil as you take them from the jar, then snip into strips with scissors.

Ingredients

200g Fate Low Protein All Purpose Mix

50g block margarine

1 small packet cheese flavour Quavers, (½ exchange)

½ tsp salt

Generous grinding black pepper

1 good tsp baking powder

40g sundried tomatoes (drained of oil and snipped into strips)

130mls water

Methods

1. Pre heat the oven Gas 7, 220°C 425°F
2. Place the Fate Low Protein All Purpose Mix into a mixing bowl, and rub in the margarine until the mixture resembles fine breadcrumbs.
3. Add the packet of Quavers and crush and break them with your fingers as you mix them in. They do not have to be very finely crushed, just make sure they don't have too many chunky bits. Stir in the baking powder, salt and pepper. Add the strips of sundried tomato.
4. Pour in the water and stir quickly with a metal spoon until blended well. It should be a smooth and creamy mixture. Leave to rest for 1 -2 mins.
5. Dust the work surface with a little extra Fate Low Protein All Purpose Mix and scrape the scone mixture out of the bowl onto it. Dust your hands with a little All Purpose Mix and smooth and pat the mixture down to about 3cms thick. Use a small round cutter (4.5cms diameter) and cut into circles. You should get 10 out of this recipe.
6. Place them onto a greased baking tray and bake for 12-15mins until risen and golden brown. Remove to a wire rack to cool. Serve warm or cold. Can be stored in the freezer

This recipe was provided by Fate Low Protein