

Cheese Scones

Makes 6-8

Ingredients

- 140ml prozero milk
- 1 tsp psyllium husks (optional)
- 200g loprofin mix
- 1 tsp baking powder
- 2 tsp loprofin egg replacer
- 1 tsp mustard powder
- 30g violife grated cheese
- 50g butter cubed



Method

1. Preheat oven to 220 degrees celsius.
2. Add loprofin milk and psyllium husks to a bowl and leave to thicken for 10 mins.
3. Add all the dry ingredients and 20g violife cheese to a separate bowl and rub the butter cubes into the dry ingredients until it resembles breadcrumbs.
4. Stir in the loprofin milk mix so that you get a soft, but not sticky mixture.
5. Knead and roll out the dough until 1 inch thick. Use a cutter or glass to cut out circles from the dough and place on a dusted tray.
6. Brush the tops with loprofin milk and sprinkle the remaining cheese on top.
7. Bake for 10 mins until golden brown.