



## Peach and almond scones

Serves: 12

### Ingredients

- 2¼ cups self raising flour, sifted
- 1½ tablespoon caster sugar
- 25g poly or monounsaturated margarine
- ¾ cup skim milk
- 100g drained, chopped canned peaches in natural juice
- 75g raw blanched almonds, roughly chopped
- 1 tablespoon skim milk, extra, for brushing

### Method

1. Preheat oven to 220C. Place the flour and sugar in a large bowl. Using your fingertips, mix in the butter lightly, until the mixture resembles fine breadcrumbs. Add the milk, peach and almonds, mixing with a spatula until just combined.
2. Transfer the mixture to a lightly floured surface and press together into a round shape approximately 3cm high. Using

a 5cm diameter biscuit cutter, cut out rounds from the dough and place on a baking tray sprinkled with a little extra flour. Gather up the remaining dough, press together lightly into a round and repeat the process.

3. Brush the tops of each scone with milk. Bake for 15 minutes or until golden brown on top and hollow sounding when tapped. Serve warm or at room temperature.

*Recipe provided courtesy of Nuts for Life.*

Serves 12 - per serve

Nutrition information	Per serve
<b>Energy 7%</b>	647kj
<b>Fat</b>	5g
<b>Saturated fat</b>	<1g
<b>Carbohydrate</b>	22g
<b>Fibre</b>	2g
<b>Sodium</b>	202mg

✓Source of calcium

★ Healthy&Heartwise gold star recipe