

## Pumpkin Scones (Gluten Free)

**Serves:** 10

**Prep time:** 15 minutes

**Cook time:** 15 - 20 minutes



½ serve per portion

### Ingredients

250g pumpkin, peeled and cut into chunks

250g gluten free self-raising flour

50g coconut flour

20g butter or margarine

1 egg, lightly beaten

¼ cup milk, reduced fat



Discretionary Food

### Method

PREHEAT the oven to 200°C. Place baking paper on a biscuit tray.

STEAM pumpkin until soft then puree.

SIFT flours into a large bowl then rub in the butter or margarine. Add the pumpkin puree.

MIX egg through the mixture and slowly add the milk until a soft dough forms. Turn out onto a floured or lined baking tray.

FLOUR hands (in coconut flour) and pat dough forming a round 3 cm thick piece. Using the back of the knife to mark into wedges or squares (10 pieces).

BRUSH dough with milk and bake in oven until golden, and firm when tapped.

COOL, then split and serve with onion jam and low-fat cream cheese or top with ricotta and fresh spinach.

*Recipe courtesy of Fiona McKenzie, Brisbane City Nights Branch*