

Fruit wedges

Ingredients

- 250g wholemeal self-raising flour
- 1 tsp ground cinnamon
- 50g reduced fat spread
- 35g caster sugar
- 125g fresh or frozen blueberries
- 150ml skimmed milk

Equipment

- Greaseproof paper, non-stick baking tray, sieve, large mixing bowl, mixing spoon, measuring jug, sharp knife, cooling rack.

Method

1. Preheat the oven to 200°C, gas mark 6.
2. Dust the baking tray with a little flour or line with greaseproof paper.
3. Sift the flour and cinnamon into the mixing bowl. Stir well.
4. Add the reduced fat spread, and rub into the flour with your fingertips until the mixture resembles fine breadcrumbs. Shake the bowl to see if you have any large lumps. If so, rub these in.
5. Stir in the sugar and blueberries.
6. Add $\frac{3}{4}$ of the milk. Mix quickly to form a soft dough. Add the remaining milk if the mixture is too dry.
7. Knead the dough very lightly on a floured surface.
8. Place on the baking tray and press out to a 20cm round.
9. Using a sharp knife, mark eight wedges on the top, cutting deeply, but not all the way through.
10. Bake for 20-25 minutes until the scone round is risen and golden brown.
11. Transfer to a cooling rack and leave to cool for at least 10 minutes.
12. Cut into wedges along the lines.

Cooking healthier

We've swapped white flour for wholemeal flour, butter to reduced fat spread and semi-skimmed milk to skimmed milk. We've also reduced sugar and added blueberries. By making these changes it's saved 25 calories, 2.9g fat, 3g saturated fat and 0.3g sugar, plus added 2.2g fibre per wedge (compared to a standard fruit scone recipe).