

## Wholemeal scones

Preparation time: 15 minutes, cooking time 12 minutes

### Ingredients:

180g wholemeal / wholemeal spelt flour  
100g self-raising flour  
1 heaped tsp baking powder  
25g oats  
Handful mixed seeds  
60g cold butter, cut into cubes or grated  
1 egg (reserve a little for topping the scones)  
200ml butter milk (or use normal milk with a squeeze of lemon)  
2 tbsp mixed seeds

### Directions:

- Preheat oven to 190C fan
- Mix flours, baking powder, oats and seeds
- Rub in butter by hand or briefly blitz in a food processor to form fine breadcrumbs
- Briefly mix in most of milk, adding more as needed
- Turn onto floured surface or sheet of baking paper and roll out or pat out with hands until 4cm thick
- Use a scone cutter, glass or knife to cut scones, brush with a little egg and sprinkle with seeds
- Bake for 10 – 12 minutes until golden. Cool on a wire tray

For a cheese version add ½ tsp mustard powder and 90g mature cheddar when adding milk. For a sweet version add a large handful of raisins or frozen berries