



Mini Pumpkin Scones

"This is a great recipe that uses up leftover cooked pumpkin. These freeze well and make great after school snacks" - Elke

nut-free soy-free vegetarian gluten-free* FODMAP friendly*

Preparation time: 5 to 20 minutes | **Cooking time:** 12 minutes | **Makes:** about 15

Ingredients

- 2 tablespoons raw sugar
- 1½ tablespoons butter, room temperature
- 1 cup (210g) cooked pumpkin*
- 1 cup (250ml) milk*
- 3 cups (460g) gluten-free self raising flour

Tools

- Fluted Cookie cutter (5cm diam)
- Rolling pin
- Baking paper and baking tray
- Thermomix(TM) or fork, bowl and your hands



Preparation (traditional)

1. Preheat oven to 200°C degrees (no fan).
2. Work the sugar into the butter using a fork in a bowl. Add pumpkin, flour and milk. Mix well.
3. Lightly flour a board or clean benchtop and roll the dough to about 2-3cm thick
4. Flour the cookie cutter and cut the scones out. Push the leftover dough into a ball and roll it out to cut out more scones.
5. Put on the lined baking tray 1.5cm apart, and bake for about 12 mins. Cook in two batches.

Preparation (Thermomix)

1. Preheat oven to 200°C degrees (no fan).
2. Add sugar and mill on Speed 9 for 3 seconds.
3. Add flour and butter and mix on Speed 8 for approximately 5 secs.
4. Add pumpkin and milk and mix on Speed 5 for 5 secs. Turn out dough onto a floured board.
5. Roll the dough to about 2-3cm thick. Flour the cookie cutter and cut the scones out. Push the leftover dough into a ball and roll it out to cut out more scones.
6. Put on the lined baking tray 1.5cm apart, and bake for about 12 mins. Cook in two batches.

Hint: To make these FODMAP friendly, do not use butternut pumpkin (other pumpkins are okay) and only use either rice milk or oat milk.