

Carrot and Sultana Drop Scones

Makes 8

Ingredients

- 100g self-raising flour (try wholemeal for a change)
- ¼ teaspoons ground mixed spice
- 1 carrot grated
- 100ml milk
- Splash of oil
- 1 egg
- 4 tablespoons low fat plain yoghurt
- 30g sultanas or raisins

Equipment



Method

- 1 Grate the carrot
- 2 Mix together the flour, mixed spice, egg, grated carrot, yoghurt and milk
- 3 Stir in the sultanas/raisins
- 4 Heat a frying pan over a medium heat. Add 2-3 drops of oil. Cook large spoonfuls of batter, turning over after 1-2 minutes to cook the other side.

Top Tips

- Make them savoury by adding grated cheese and tinned sweetcorn rather than carrot and sultanas