

MY WEANING COOKBOOK

Snack

Baby scones

Cook time: 30 mins
Servings: 14 mini / 7 large
Freezable: Yes
Suitable for: 10 months+ with raisins
7 months+ without raisins
Allergens: Gluten & milk (dairy free
alternative available)

Ideal for
finger food



Provided by

SR Nutrition
CHARLOTTE STIRLING-REEC

AllergyUK

Ingredients

- 230g/8oz of self-raising **flour** (try using half wholemeal and half white flour)
- 1 tsp baking powder
- 60g/2oz unsalted soft **butter**/vegan spread
- 1 small apple, grated
- 1 large handful of sultanas
- A few splashes of **semi-skimmed milk** or plant milk (to get the right consistency)

Method

1. Pre-heat oven to 220°C
2. Sift half wholemeal self-raising flour and half white self-raising flour into a bowl
3. Add the baking powder and mix together well
4. Rub the butter into the mixture with your fingers until all the flour is mixed in – it will still be fairly dry at this stage
5. Stir in the grated apple and sultanas and mix well
6. Add enough milk to make a dough – not too wet but enough to make the dough a little sticky and to bind the ingredients into a ball
7. Use a rolling pin to roll out the sticky dough to around 2 cm thick
8. Use a glass or a round cutter to cut out into scone shapes
9. Transfer the scones to a baking tray and bake in the oven at a high temperature (220°C) for 10-15 minutes
10. Serve with fresh strawberries and natural yogurt

Allergen information



Gluten



Milk

(dairy free alternative available)

Great for...

- Freezing
- Baby-led weaning/finger food
- Including older siblings; they can help prepare this simple recipe with some help from a grown up

My notes:
