



Pumpkin & date scones with maple cream

Ingredients: (Makes 12)

2 Cups self-raising flour, sifted, plus extra for dusting
1 Tablespoon brown sugar
½ Teaspoon ground cinnamon
¼ Teaspoon ground ginger
Pinch of nutmeg
60g Butter, chilled and chopped
8 Medjool dates, pitted and roughly chopped
½ Cup buttermilk, plus extra for brushing
⅔ Cup mashed butternut pumpkin (approx. 250g raw)
⅔ Cup thickened cream
2 Tablespoons maple syrup

Equipment:

Non-slip mat
Chopping board
Knife
Baking tray
Mixing bowls
Grater
Sieve
Pastry brush
Whisk
Butter knife
Fork
6cm Round cutter

Method:

1. Preheat oven to 220°C (fan-forced). Line a baking tray with baking paper.
2. Combine flour, sugar, cinnamon, ginger and nutmeg in a medium bowl. Add chilled butter. Use fingertips to rub butter into flour until mixture resembles fine breadcrumbs. Mix dates through until coated in flour. Make a well in the centre of the bowl and add buttermilk and pumpkin. Use a butter knife in a cutting action to bring the mixture together until a soft and slightly sticky dough forms.
3. Turn dough out onto a lightly floured surface. Knead gently until just smooth. Gently press the dough into a 2cm thick round. Use a 6cm round cutter dipped in flour to cut out scones. Press left over dough together and continue cutting out scones. Place scones, just touching, on the lined baking tray. Brush tops with extra buttermilk. Bake for 12-15 minutes or until golden and hollow when tapped on the bottom.
4. Meanwhile, whip cream until stiff peaks form. Fold through maple syrup.
5. Serve scones warmed filled with maple cream.

Nutrition Information (per scone):

Energy:	856kJ (204cal)	Sodium:	178mg		
Protein:	3.5g	Sat Fat:	6.1g		
Fat:	9.8g	Sugars:	8.3g	Fibre:	1.2g
Carbohydrate:	25.1g				