

Recipe of the week

Breakfast Drop Scones

Ingredients

- 225g/8oz Glutafin select gluten free fibre mix.
- 225g/8oz finely shredded marmalade.
- 1 medium orange grated rind, reserve juice for sauce.
- 75g/3oz of raisins
- 1 medium egg.
- 25g/1oz soft marmalade melted.
- 225g/8oz natural low fat yoghurt.
- 15ml/1 tablespoon vegetable oil for greasing.
- 150g/6oz pinch dried mixed fruit compote and natural yoghurt to serve.

Step 1

Place all the dry ingredients into a large bowl with the orange rind and raisins. Make a well in the centre and gradually add the liquid ingredients. Beat together until smooth. Stand for 10 minutes to thicken slightly.

Step 2

Drop the mixture in tablespoons onto a greased and heated griddle or frying pan. Cook for 2-4 minutes on each side until lightly browned and keep warm until all the scones have been made.

Step 3

Prepare sauce by heating the marmalade and orange juice together. Pour sauce over the warm drop scones and serve immediately accompanied with mixed fruit compote and yoghurt.