



## Cheesy Spiral Scones

### Ingredients:

225g / 8oz Self Raising Flour  
1 tsp Baking Powder  
Pinch Cayenne Pepper  
25g / 1oz butter  
150ml / 1/4 pint Milk  
1 egg  
2 tablespoons Wholegrain Mustard or pizza sauce  
50g / 2oz grated Parmesan  
50g / 2oz grated Cheddar  
Freshly Ground Pepper

### Method:

1. Preheat oven to 180°C/350°F/Gas 4. Lightly dust a flat baking sheet with flour.
2. Sieve flour, baking powder and cayenne pepper into a bowl. Rub in the butter until mixture resembles breadcrumbs.
3. Add the milk and egg and mix to a soft dough. Turn onto a lightly floured board and gently knead until smooth.
4. Roll into a rectangle about 25cm x 30cm/10" x 12".
5. Spread the mustard over the dough. Sprinkle over the cheeses and grind over the pepper.
6. Starting from the long side, roll dough into a cylinder. Cut into 12 even sized pieces.
7. Place on the baking sheet, cut side down, leaving space for the scones to expand. Brush with egg wash. Cook for about 15 minutes until golden.
8. Cool on a wire tray and serve warm with healthy soup.
9. Could also use Pesto.