

PUMPKIN AND ROSEMARY SCONES

250g pumpkin, peeled, cut into pieces

1 egg, lightly beaten

3/4 cup milk

2 cups flour (we like spelt flour)

2 teaspoons baking powder

½ teaspoon salt

1 tablespoon chia seeds

2 teaspoons finely chopped rosemary



Pre-heat oven to 220 °C. Steam or roast pumpkin pieces until tender; leave to cool slightly, then mash with a fork. Combine mashed pumpkin with egg and milk in a bowl.

Add flour, baking powder, salt, chia seeds and rosemary and stir until just combined. Turn dough onto a floured bench, and shape into a square.

Cut 9 scones out of this and place on a baking tray lined with baking paper. Place the scones quite close to each other, so they can potentially join up.

Bake 15-20 minutes depending on the heat of your oven. You could use fan bake, as the quicker the scones bake the better.

Eat warm with a good slab of butter.