

Amasi Scones

We love this recipe – it's quick and easy to prepare and suitable for many occasions from breakfast to snack time or even a quick dinner, served with cheese. It's made with Amasi, but you can use plain yoghurt or milk.



INGREDIENTS

250 ml amasi (maas) or buttermilk
1 cup self-rising flour
1 cup grated cheddar cheese
½ teaspoon salt
1 egg
Pinch of cayenne pepper (optional)

Some additional goodies you can use in the batter:

Chopped spring onions (or chives) topped with feta.

Melted butter and a little honey as a pouring sauce for the top of the scones.

Nutrition Facts

Serving size: 50 g (1 scone)

Energy (kJ)	521
Protein (g)	5.5
Total carbohydrates (g)	14.8
Fat (g)	4.4
Calcium (mg)	178

1 scone = 1 slice bread + 20 g cheese



METHOD

1. Pre-heat oven to 180°C. Grease the muffin tins.
2. Add all the ingredients to a big bowl and mix until incorporated. Do not overmix, as it could result in dense scones.
3. Spoon the mixture into your muffin pan. Pro-tip: use an ice-cream scoop to get equal sized scones.
4. Bake until golden brown 15–20 min, or until a skewer inserted into the centre comes out clean.



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