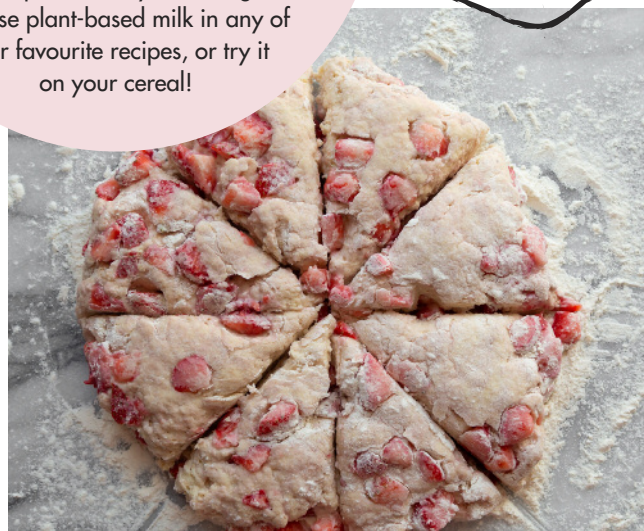
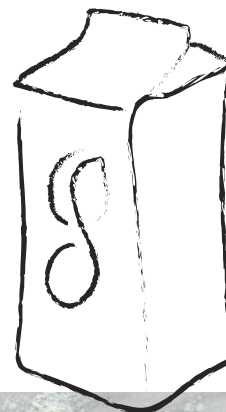


Strawberry and Vanilla Scones



PLANT BASED MILK

Did you know that milk doesn't just come from cows or other animals, but it can be made from coconuts, soya beans, almonds, oats, peas and even rice? These milks can be made by soaking the beans/peas/nuts/rice in hot water and mixing with other delicious ingredients. These milks contain lots of calcium and protein which is important for your strength. You can use plant-based milk in any of your favourite recipes, or try it on your cereal!



We all love to eat strawberry jam with scones, but have you ever tried adding fresh strawberries to the scone dough? This recipe will take your scones to the next level!

SKILLS Rubbing butter into flour, shaping

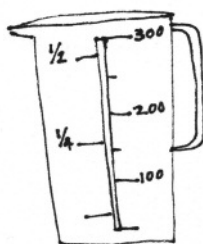
MAKES 8

TAKES 15 minutes to make and 12-15 minutes to bake

INGREDIENTS

- 250g British strawberries
- 250g self-raising flour
- 1 teaspoon baking powder
- 50g cold vegan butter (straight from the fridge)
- 125ml plant-based milk, plus a little extra for brushing on top
- 1 tablespoon agave syrup
- 1 teaspoon vanilla extract

KIT baking paper, baking tray, bowl, table knife, measuring jug, tablespoon



METHOD

- 1 Preheat the oven to 200°C/400°F/gas mark 6 (or fan oven 180°C/350°F/gas mark 4). Cut a sheet of baking paper to fit on a baking tray or lightly grease the tray with a little vegan butter.

- 2 Remove the stalks from the strawberries and cut the strawberries into small pieces using a table knife.
- 3 Tip the flour and baking powder into a big bowl and stir to mix. Cut the cold vegan butter into small pieces and using your fingertips rub the butter in to the flour to make fine breadcrumbs. Try to only use your fingertips so that you don't melt the butter.
- 4 Add the chopped strawberries to the flour mixture and stir gently. Measure the milk in a measuring jug, add the agave syrup and vanilla and stir to mix. Pour the milk into the flour mixture and stir together with a table knife.
- 5 Use your hands to mix into a big ball and then on a lightly floured surface gently flatten to make a circle of dough. Mark into triangles using a table knife – cut in half and then half again, and then cut each quarter in half to make 8 triangles. Separate the triangles and carefully lift onto the baking tray using a spatula.
- 6 Brush each scone with a little milk using your finger (or a pastry brush if you have one), put onto the trays and bake for 12-15 minutes or until risen and golden

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Did you know?

Having as little as one sausage or two strips of bacon every day increases our risk of heart disease and diabetes



#MeatFreeWithTheFamily