

Blueberry scones

Sam can mix these scones all by himself, just by stirring coconut milk into flour. If there's no coconut milk in the cupboard, Mrs Boot uses milk and butter instead – find out how in 'Variations' on the opposite page.

1 Heat the oven to 220°C (200°C for fan ovens) or gas mark 7. Line the tray with baking paper.



2 Sift the flour and baking powder into a big bowl. Add the sugar and stir it in.



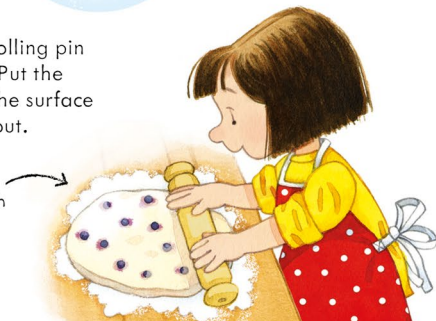
3 Mix in the coconut milk, until you have a soft dough.

4 Add the blueberries. Stir them in really gently, trying not to squash them.



6 Dust a rolling pin with flour. Put the dough on the surface and roll it out.

Stop when the dough is twice as thick as your little finger.

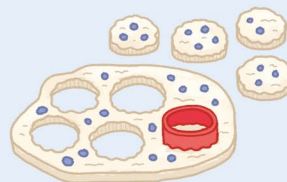


Ingredients

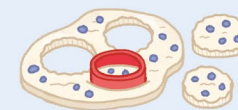
Makes around 8

175g (6oz) self-raising flour
 ½ teaspoon of baking powder
 1½ tablespoons of caster sugar
 8 tablespoons of coconut milk
 50g (2oz) fresh blueberries
 a little milk or plant-based 'milk', for brushing

You will also need a baking tray and a 6cm (2½in) round cutter.



7 Use the cutter to cut out lots of circles.



8 Squeeze the scraps into a ball. Roll it out and cut more circles, until it's all used up.

A 6cm (2½in) cutter makes little scones, but you can use a bigger cutter.



9 Put the circles on the baking tray. Brush the tops with the milk.



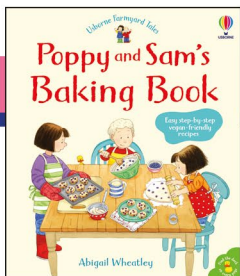
10 Bake for 8-10 minutes, until risen and golden. Put the tray on a wire rack to cool completely.



Variations

Instead of coconut milk, use 50g (2oz) butter and 5 tablespoons of milk. Put the butter in a heatproof bowl over a pan of hot water. Stir until it melts.

Remove the bowl carefully using oven gloves. Leave to cool for 5 minutes, then stir in the milk. Add at step 3.



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