

RAGLAN COCONUT YOGHURT SCONES

Ingredients:

3 cups Ceres Organics Wholemeal Spelt Flour

3 tsps baking powder

4 large tablespoons of Raglan Coconut Yoghurt

1 grated carrot

1/2 a cup of water

Generous handful of Ceres Organics Pumpkin Seeds

Fresh Rosemary, chopped

Method:

Combine ingredients, adding more water if needed to get the mixture to a nice, kneadable texture. Knead it all through until there are no lumps. Form into scone shapes on a lined baking tray. Top each scone with a sprig of rosemary.

Bake in the oven on 200C for approximately 15 minutes, or until a fork comes out clean. Serve warm with any **nut spread** and a sprinkle of sea salt.



We stock Raglan Coconut Yoghurt?

This is a delicious dairy free yoghurt alternative that contains millions of probiotics – acidophilus and bifidobacterium.

Try serving Raglan Coconut Yogurt with your favourite breakfast cereal, fruit and with desserts!

OR

Delicious added to a curry, smoothies, cheesecake and incorporated into icings on cakes.