

10 OCT 2017

HEALTHY COOKING:

Healthy toasted mini scones

Baking time: 12 minutes

20 serving sizes of mini scones.

Baking temperature: 180 degrees Centigrade

Type of oven: toaster oven

Ingredients

4.5 ounces of Atta flour (1 cup)

120ml of maltitol syrup (1/2 cup)

2 teaspoons baking powder

5 dessert spoons of chilled butter, cut into small pieces

3 eggs

1 tablespoon of dried baking raisins

Method

1. Soak the raisins in a bowl of water.
2. Crack and beat the eggs into a mixture.
3. Pour the Atta flour into the mixing bowl.
4. Add the baking powder to mix with the Atta flour.
5. Add butter and eggs.
6. Add and stir well the maltitol syrup onto the mixture.
7. Spoon the mini scones using 2 teaspoons onto the baking tray on the baking paper.
8. Drain the soaked raisins.
9. Glaze each mini scone with a raisin.



DS Support Group Meet & Share

Join us for our next support group event! Call Juliana at 9278 2084 for more details or to register.

27 January 2018 (Sat)

Walk @ West Coast Park

Time: 3.30pm – 6.30pm

Meeting Point: Clementi MRT

Maximum 40 pax

24 February 2018 (Sat)

Walk @ Coney Island

Time: 3.30pm – 6.30pm

Meeting Point: Punggol MRT, Exit C

Maximum 40 pax

3 March 2018 (Sat)

DSG 1st Quarterly Gathering with DS Members

Time: 2.00pm – 5.30pm

Venue: TBA

Maximum 100 pax

31 March 2018 (Sat)

Walk @ Bedok Reservoir Park

Time: 3.30pm – 6.30pm

Meeting Point: Bedok North MRT

Maximum 40 pax

All meals at own expense unless otherwise stated.

