



At some point I gave up yeast for a while and I was given a recipe for bread that was pretty much the same as this minus the carrots and sultanas and with wheat germ and bran added in for good measure. I decided to add in the carrots and sultanas as I wanted something a bit sweeter. I ditched the wheat germ and bran simply because it was a pain to remember to buy them but I use stoneground wholemeal flour so I imagine there's still a lot of nutrition and fibre left in the flour.

As it is, this is suitable for vegans. The 2 dessertspoons of sunflower oil are used instead of an egg. You can add in an egg to give them a bit more of a buttery flavour. If you are vegan and/or a fan of bananas, you could have this with mashed bananas, otherwise just with salty butter is my favourite.



The way I make Brown Fruit Scones is **Ingredients**

- 3 mugs of wholemeal flour
- 1/4 teaspoon of bread soda
- 2 dessertspoon of sunflower oil
- 400ml of soya milk
- Juice of 1/2 small lemon
- 2 carrots
- 1 generous fistful of raisins or sultanas
- pinch of finely ground salt (optional)

Instructions

1. Preheat the oven to 220° C.
2. Mix in the bread soda with the flour in a large bowl.
3. Pour over the oil and mix through with your fingers till all the flour takes on a crumbly like

consistency.

4. Grate the carrots finely and add to the soya milk along with the lemon juice.
5. Stir the liquid into the flour with a wooden spoon.
6. When the mix is thoroughly combined, add in the raisins/sultanas and stir around again.
7. Take a baking sheet and generously dust it with flour.
8. Take small handfuls of the mix and mould into round scone shapes and place on the baking tray. The mix may be quite wet - that just means you cook it for longer.
9. Place in the oven, on the middle shelf, and reduce the heat to 200° C. Leave to bake until they are cooked through - tap them on the bottom to make sure. I usually turn the tray around half way through - about 20 mins usually.