Banana-banana blueberry scones

The perfect pre-sport breakfast to fuel you up with long-lasting energy

Makes 12 scones

Ingredients:
500g wholemeal self-raising flour
Extra flour for rolling
½ tsp cinnamon
½ tsp nutmeg
50g dried bananas
100g fresh blueberries
1 very large banana (or 2 small)
50ml sunflower oil
300ml skimmed milk

Method:

1. Set the oven to 200˚C and line 2 baking trays with parchment paper.
2. Mix the flour and spices in a large bowl. Add the dried bananas and blueberries and fold in.
3. Mash the fresh banana and add to the dry ingredients. Measure out the oil and milk together and add all at once. Stir thoroughly together until just mixed.
4. Place the mixture on to a floured surface and roll out to approx. 2cm thickness. Cut into 12 scones of any shape and bake for 15 minutes or until just starting to turn golden brown.

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