

Banana-banana blueberry scones

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

Just add water®

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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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