



Basic Scone Recipe

Grab your pinny, warm that oven and let's get this scone bake on!



Ingredients - Makes 8-12 scones

225g/8oz self-raising flour

A pinch of salt

55g/2oz butter

25g/1oz caster sugar

150ml/5fl oz milk

1 free-range egg, beaten, to glaze (alternatively use a little milk)

Preparation Method

1. Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet
2. Mix together the flour and salt and rub in the butter
3. Stir in the sugar and then the milk to get a soft dough
4. Place the mixture onto a floured work surface and knead very lightly. Pat out to a round 2cm/³/₄in thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up
5. Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well-risen and golden

Leave on a wire rack to cool, serve with jam and cream - or is it cream and jam?



Ketogenic Scones Recipe

This ketogenic scone recipe was designed and written by a TSC mum who uses the ketogenic diet, and who is also a nutritional specialist. But this recipe is for everyone to enjoy!

Ingredients - Makes 8-10 scones

100g ground almonds / full fat almond flour
100g melted unsalted butter
30g double cream
120g (approx. x 3 medium sized) eggs
½ a teaspoon of baking powder
70g of raspberries*
Zero-carb sweetener

What is the ketogenic diet?

A ketogenic diet is a low carb and high fat diet which some people with TSC have found useful to help control epilepsy.

Preparation Method

1. Blend together the almond or almond flour, butter, cream, eggs and baking powder
2. Gently stir in 70g raspberries*
3. If you have a sweet tooth, add zero-carb sweetener to taste (e.g. 8 drops of Hermesetas liquid)
4. Add water if needed to achieve a smooth consistency
5. Pour the mixture into a greased or silicone cupcake baking tin and cook at 180 degrees centigrade for 20 minutes
6. Serve with clotted cream if desired (2.9:1 fat:carb/protein ratio without the clotted cream)

*The raspberries can be replaced with:

- 70 dark chocolate chips and 5 drops of vanilla extract
- 20g lemon juice with added lemon zest
- 35g blended banana with 1/2 teaspoon of ground cinnamon



Happy baking!