

## Cheese and Watercress Scones

**VITACRESS**™

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Preparation time: 25 minutes

Cooking time: 15 minutes

### Ingredients:

100g/4oz self-raising wholemeal flour

100g/4oz butter, cubed

100g/4oz self-raising plain flour

½ tsp salt

50g/2oz Gruyère cheese, grated

1 x 85g/3oz pack watercress, chopped



### Method:

Sift the flour and salt together and rub in the butter. Stir in the cheese and chopped watercress and bind with water to make a soft dough. Roll out on a floured board until about 1" thick. Cut into 2" circles using a pastry cutter. Bake at 200°C, gas mark 6 until risen and browned (about 15 minutes). Delicious simply with butter, or as part of a ploughman's lunch.

### Nutrition:

Portions	4
Calories	400
Fat	25.6g
Saturated Fat	15.7g
Carbohydrate	35g
Protein	9.6g
Fibre	3.3g
Salt	1.57g