



## Air fryer fruit scones

### Description

How to make delicious air fryer fruit scones. If you love scones and would like a sultana scones recipe, then this is for you.

### PREPRATION TIME:

- Prep Time10 mins
- Cook Time8 mins
- Total Time18 mins

### Ingredients:

- 225 g Self Raising Flour
- 50 g Unsalted Butter
- 35 g Caster Sugar
- 50 g Currants
- 1 Medium Egg
- 1 Small Egg beaten
- 60 ml Skimmed Milk

### Kitchen Gadgets

- - Philips Air Fryer
  - Round Cookie Cutters Set

### Instructions:

- ○ Load into a bowl the flour and the sugar and then add in the butter chopped into chunks.
- ○ Mix the fat into the flour and sugar until you have a bowl of coarse breadcrumbs.
- Then add in the egg and currants and mix well.
- Next add enough milk to make a dough. Adding a little milk at a time until you have a soft dough ball.
- Roll out your dough on a floured worktop with a floured rolling pin. Go thin like us for smaller fruit scones or double the thickness for traditional scones.
- Use your favourite cookie or scone cutter and make equal scone circles.
- Then place into the air fryer as many as will fit, then brush egg wash on the tops and then air fry for 8 minutes at 180c/360f doing it in batches if needed.
- Then serve with butter and cheese.

## Notes:

**Milk.** I recommend having 60ml/4tbsp of milk for helping bind together your scones dough. Then adding a little at a time. You can always add extra but you can't take it away.

**Currants.** I used just 50g of currants, you can of course double this if you like a lot of currants in your dough.

**Height.** Note our fruit scones are half the height of those purchased in shops. This is because we don't have a huge appetite and find this is enough for us. If you want them more traditional then roll the dough to double the thickness of ours then you will have 6 and you will then have much higher ones.

## Nutrition:

Calories: 160kcal | Carbohydrates: 24g | Protein: 4g | Fat: 5g | Saturated Fat: 3g | Polyunsaturated Fat: 0.5g | Monounsaturated Fat: 1g | Trans Fat: 0.2g | Cholesterol: 44mg | Sodium: 18mg | Potassium: 85 mg | Fiber: 1g | Sugar: 7g | Vitamin A: 189IU | Vitamin C: 0.2mg | Calcium: 22mg | Iron: 0.5mg

## Category

1. Air Fryer Recipes

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