3 heaped cups self raising flour 300ml. cream 300 ml Sprite/Lemonade/Beer

Mix the three quickly by folding the ingredients one into the other..place spoonful on a greased baking tray and bake in a hot oven till golden.

OPTIONAL Add: grated cheese; grated carrots and peas; sultanas or raisins ;

OR

serve warm halved and spread with butter and jam

Contributed by Mrs. Miriam Walter

Recipe for quick and tasty scones