

## What you need:

- 250 g potatoes
- 25g margarine or butter
- 50g self raising flour
- 1 tsp oil
- Season to taste

Substitute as necessary in you have an allergy to any ingredients

## How to prepare:

- 1. Boil the potatoes, drain and mash with the butter
- 2. Season to taste, add the flour and mix well.
- 3. Turn onto a floured board and press out into a circle shape.
- 4. Cut the circle into segments— about 6 triangles.
- 5. Heat the oil in the pan and add the potato scones, cook on each side until golden brown.
- 1. Then serve with grilled tomatoes, egg or bacon

## Top típ/s:

• This is a great way to use up left over potatoes.



From the Community Skills Team www.healthworksnewcastle.org.uk