



Traffic light category: **Amber**

Serves: 12-16 (54g serve)

Ingredients

- 1 ½ cups self-raising flour
- ½ cup wholemeal self-raising flour
- ½ teaspoon baking powder
- 2 tablespoons sugar
- 3 tablespoons olive oil
- 200g reduced fat yoghurt (vanilla or berry flavour)
- 80g fresh or frozen berries

Method

1. Sift flour and baking powder into a bowl, add in maple syrup and oil and mix until it resembles breadcrumbs
2. Stir through the yoghurt and berries
3. Bring the dough together and using your hands flatten out to a circle approximately 2-3cm thick
4. Cut into wedges and pull pieces apart slightly
5. Brush with milk
6. Bake in moderate oven for 15-20 minutes or until golden.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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