



Traditional Buttermilk Scone

Spelt Flour:

Spelt has a slightly sweet, mild nutty flavour, it is not a gluten free grain but is usually well tolerated and easier to digest by people who have wheat sensitivities as it is lower in gluten and an ancient grain with different properties to the modern day wheat grain.

Spelt contains the full spectrum of essential fatty acids and is high in protein and rich in silicate for healthy hair and skin. It is higher vitamins B1, B3, B6 for nervous system health and energy metabolism and the antioxidant Vitamin E, Calcium, Magnesium, Phosphorus and Selenium than modern commercially produced wheat grain and higher in the anti-inflammatory Essential Fatty Acids.

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	160.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1610 kJ	1010 kJ
Protein	10.4 g	6.5 g
Fat, total	9.3 g	5.8 g
- saturated	5.7 g	3.6 g
Carbohydrate	62.4 g	39.0 g
- sugars	15.9 g	9.9 g
Sodium	573 mg	358 mg

Butter:

Butter when eaten in moderation as part of a whole foods balance diet can have a wonderful positive impact on your health. It's rich in the most easily absorbable form of Vitamin A necessary for thyroid and adrenal health, has anti fungal properties, contains lecithin essential for brain health and cholesterol metabolism, is rich in anti oxidants, a rich source of Vitamin E and K, the minerals Selenium and Iodine also necessary for thyroid health, it is rich in Vitamin D and has anti-cancer properties.

Sugar

Look, we don't love sugar but to make a great traditional scone its just a necessity, so we say enjoy the indulgence of a proper very yummy buttermilk scone.

Buttermilk:

A traditional fermented food rich in beneficial probiotic bacteria, low in fat and low in lactose (milk sugars), it works with Bi Carb Soda to leaven bread without the need to use yeast, it is rich in the minerals Calcium, Potassium and Phosphorus for cardiovascular health and Vitamins B12 and B2 important for the nervous system and the conversion of carbohydrates to energy.

Bi-Carb of Soda:

Acts as a raising agent in bread, it is alkalising, a natural mineral and has multiple health benefits.

Fruits

We only use frozen or sulphite free fruits in our scones

Salt:

Salt is a necessary ingredient in bread, it is also a natural preservative. There are various forms of salt, we use a good un-iodised salt. Processed breads are unhealthy as they use high amounts of salt. Our breads are low salt so they're a really good option for people who are looking to make healthier choices.