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Air fryer fruit scones recipe 2024

Discover the delightful process of creating scrumptious air fryer fruit scones. If you're a scones enthusiast seeking a delectable sultana scones recipe, look no further.

PREPARATION TIME:

• Preparation Time: 10 minutes

• Cooking Time: 8 minutes

• Total Time: 18 minutes



Air fryer fruit scones

Ingredients:

- 225 grams Self-Raising Flour
- 50 grams of unsalted butter
- 35 grams of caster sugar
- 50 grams Currants
- 1 Medium Egg
- 1 Small Egg, beaten
- 60 milliliters of skimmed milk

Kitchen Gadgets

Philips Air Fryer and Round Cookie Cutters Set

Instructions:

- In a mixing bowl, combine the flour and sugar, then incorporate the chopped butter into chunks. Blend until the mixture resembles coarse breadcrumbs. Next, add the egg and currants, mixing thoroughly.
- Gradually pour in the milk, adding a little at a time, until a soft dough forms. On a floured work surface, roll out the dough to your desired thickness, whether thin for smaller fruit scones or thicker for traditional ones.
- Using a favorite cookie or scone cutter, create uniform circles from the dough.

 Arrange as many circles as will fit comfortably in the air fryer, brushing the tops with egg wash.
- Air fry at 180°C/360°F for 8 minutes, adjusting batch sizes as necessary. Serve the scones with butter and cheese.

Notes:

• For milk, I suggest starting with 60 ml or 4 tablespoons to help bind your scone dough. Add it gradually, as you can always add more but can't remove it once it's

mixed in.

- **Regarding currants**, I used only 50g, but feel free to double this quantity if you prefer a higher amount in your dough.
- **As for height**, please note that our fruit scones are half the thickness of those typically bought in stores. This portion size suits our appetite, but if you prefer a more traditional thickness, simply roll the dough to double the thickness of ours. This adjustment will yield six scones, resulting in a taller appearance.

Nutrition:

Calories: 160kcalCarbohydrates: 24g

Protein: 4gFat: 5g

• Saturated Fat: 3g

Polyunsaturated Fat: 0.5gMonounsaturated Fat: 1g

• Trans Fat: 0.2g

Cholesterol: 44mgSodium: 18mgPotassium: 85mg

Fiber: 1gSugar: 7g

Vitamin A: 189 IUVitamin C: 0.2mgCalcium: 22mgIron: 0.5mg

Related Recipes:

- Bake Sweet Potato In Air Fryer
- Air fryer fruit scones

- Air Fryer Bread
- Air Fryer Ribeye Steak