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## Air Fryer Scones || New Recipes 2024

Discover the wonders of Air Fryer Scones! Master the art of crafting traditional British homemade scones with the convenience of an air fryer. This straightforward recipe for classic English scones has been tailored for the air fryer, offering simplicity and the freedom to customize with your preferred flavors.



Air Fryer Scones

## **PREPRATION TIME:**

- Prep Time : 10 mins
- Cook Time : 7 mins
- Total Time : 17 mins

## **Ingredients:**

### **Air Fryer Scones Ingredients:**

- 225 grams of self-raising flour

- 50 grams of butter
- 28 grams of caster sugar
- 60 milliliters of whole milk
- Egg wash
- Extra virgin olive oil spray
- Optional: squirty cream
- Optional: fresh strawberries
- Optional: strawberry jam

## Instructions:

- In a bowl, combine the flour and sugar, then add the cubed butter.
- Rub the butter into the flour mixture using your fingertips until it resembles coarse breadcrumbs.
- Gradually add enough milk to form a soft dough (approximately 60ml).
- Roll out the dough on a floured worktop to a thickness of at least 1.5cm to avoid small scones.
- Use cutters to shape the dough into medium-sized scones and place them in the air fryer basket.
- Spray the air fryer basket with extra virgin olive oil to prevent sticking, then brush the tops and sides of the scones with egg wash.
- Air fry the scones for 5 minutes at 180°C/360°F, then continue cooking for another 12 minutes at 160°C/320°F.
- Serve the scones with optional accompaniments such as strawberry jam, sliced strawberries, and cream.

## Notes

For Extra Height: If you're aiming for scones with a lofty appearance reminiscent of magazine covers, simply double the ingredients and increase the thickness of the dough twofold when placing them in the air fryer. Additionally, add an extra 3 minutes to the cooking time.

Traditional Note: This recipe hails from the 1960s and embodies the essence of traditional

British scones. Feel free to modernize it according to your preferences.

## **Nutrition**

- Calories: 219kcal
- Carbohydrates: 32g
- Protein: 5g
- Fat: 8g
  - Saturated Fat: 5g
  - Polyunsaturated Fat: 1g
  - Monounsaturated Fat: 2g
  - Trans Fat: 1g
- Cholesterol: 19mg
- Sodium: 65mg
- Potassium: 53mg
- Fiber: 1g
- Sugar: 5g
- Vitamin A: 225IU
- Calcium: 19mg
- Iron: 1mg