

3 heaped cups self raising flour  
300ml. cream  
300 ml Sprite/Lemonade/Beer

Mix the three quickly by folding the ingredients one into the other..place spoonful on a greased baking tray and bake in a hot oven till golden.

### OPTIONAL

Add: grated cheese;  
grated carrots and peas;  
sultanas or raisins ;

OR

serve warm halved and spread with butter and jam

Contributed by Mrs. Miriam Walter

Recipe for quick and tasty scones