



Having drop scones is one of my favorite ways to start my day. With memories from how my mommy-bear used to make them, here is my delicious twist to her recipe.

Ingredients

1 cup of self raising flour	3 tablespoons of sugar
1 cup of mala (or plain yoghurt)	1 tablespoon of lime zest
¼ teaspoon of nutmeg	1 egg
¼ a cup of blue poppy seeds	

Method

Beat the egg and the sugar for about 4-5 minutes or until it becomes frothy and turns pale yellow.

Then in a separate bowl, mix all the dry ingredients (flour, nutmeg) then add this to the egg-sugar mix.

Mix this in while adding your mala to it bit by bit until it becomes slightly thicker than yogurt but still heavy and sticky. After it is all evenly distributed, fold in your poppy seeds & lime zest and once it is just mixed, you can begin your cooking.

Add some vegetable oil to a small sufuria. Once it is hot enough, take spoonfuls of the dough and drop one at a time into the oil.

Allow each side to have 2 minutes until they turn golden brown then take from the heat. Drain with a paper towel then serve.



SERVE WITH: tea, coffee or warm milk
