

# XCentric Ideas



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*Recipes : Internet & Alma Pretorius  
All Photo's: Alma Pretorius*

# No Fuss Scones/Rolls

Makes 12

2 cups self-rising flour

1 cup milk (*fat-free / 2% / full-fat*)

4 heaped tablespoons mayonnaise  
(*low-fat / full fat*)

Preheat oven to 230 °C. Grease / spray  
or line a 12 muffin pan.

In a medium bowl, stir together all  
ingredients just until moistened (do not  
use a mixer). Spoon evenly into the  
prepared muffin tin.

Bake for 8 - 10 minutes or until golden  
brown. Serve immediately.

*This can be topped with jam & cream or  
served with main meal as bread rolls.*

Note:  
You can even just form 'buns' and place it on a  
baking paper-lined baking sheet.  
If you only want 6, just halve the ingredients.  
This is a perfect quick way to fresh, fabulous  
bread!



# Vienna Cheese Scones

Makes 6

- 1 cup self-rising flour
- 1/2 cup milk (*fat-free / 2% / full fat*)
- 2 heaping tablespoons mayonnaise (*low-fat / full fat*)
- 2 teaspoons prepared mustard
- 1/2 cup Vienna sausages, grated
- 1/2 cup Cheddar cheese, grated
- Herbs to taste (I used salt, pepper, oregano and chilli flakes)
- 2 teaspoons crushed garlic (optional)
- 12 miniature cocktail onions, white (A MUST)
- Extra grated cheese for the top (a must)
- Extra oregano for the top (optional)

Preheat oven to 230 °C. Grease / spray or line a 6 muffin pan.

Beat the milk, mayo and mustard together with the crushed garlic.

In another bowl add the self-rising flour, herbs, Viennas and cheese. Stir to coat the Viennas and cheese. Add the wet mixture to dry mixture and mix carefully. It will be a thick consistency.

Spoon 1 tablespoon mixture into the 6 muffin cups. Insert 2 cocktail onions in each centre. Spoon rest of mixture on top.

Sprinkle with the extra cheese and Oregano. Bake for 8-10 minutes or until a test pen comes out clean. Cool for a few minutes and serve.

Note:  
If you want 12, just double the ingredients.  
The cocktail onions are a MUST!





# Spinach Feta Scones

Makes 6

1 cup self-rising flour

½ cup milk (*fat-free / 2% / full-fat*)

2 heaping tablespoons mayonnaise (*low-fat / full fat*)

2 cups (*tightly packed*) raw spinach (*remove tough leaf stalks*)

Boiling water

1 ring feta, cut into small cubes

Dried oregano, to taste

Salt & pepper, to taste

Preheat oven to 230 °C. Grease /spray / line a 6 muffin pan. In a dish, cover raw spinach with boiling water and soak for 5 minutes. Drain well, cut into small pieces.

Mix the self-rising flour, feta cubes, herbs/spices and drained spinach in mixing bowl. Beat the mayo and milk together in a small cup and carefully mix in with dry ingredients. Fill muffin pan. Sprinkle dried Oregano on top. Bake for 8 - 10 minutes or till test pin comes out clean. Let cool for few minutes and serve.

Note:  
You can even just form 'buns' and place it on a baking paper-lined baking sheet.  
If you want 12, just double the ingredients.  
Perfect savoury snack.



Recipe: **Alma Pretorius**

# Nutty Wheat Cheese Scones

Makes 8

1 cup Nutty Wheat flour  
1 ½ teaspoons baking powder  
½ cup milk (*fat-free / 2% / full fat*)  
2 heaping tablespoons mayonnaise (*low-fat / full fat*)  
Pepper to taste  
Braai spices (or other spices) to taste  
1 teaspoon mustard powder  
½ cup Parmesan cheese powder  
½ onion, chopped fine  
½ cup Cheddar cheese, cubed small  
Extra grated cheddar cheese for topping  
Dried Oregano for topping

Preheat oven to 230 °C. Grease / spray a baking sheet (**Do not use baking paper, it makes a soggy bottom**).

Mix Nutty Wheat flour, baking powder, pepper, spices, mustard powder, Parmesan, onion and Cheddar cheese cubes together (to coat the cheese and onion evenly) in a mixing bowl.

Beat mayo and milk together in a small cup and carefully mix in with dry ingredients. Spoon out on baking sheet and form a round. Pat lightly on top. Sprinkle dried oregano and cheese on top. Cut the mixture into 8 triangles. Bake for 15 - 20 minutes or till test pen comes out clean.

*Note:  
I made the mistake of baking it on baking paper  
and the bottom was a bit soggy. Just spray the  
baking sheet.  
This is a perfect quick way to a fresh, thick  
pizza.*



Recipe: Alma Pretorius

# Cranberry Orange Zest Scones

Makes 6

1 cup self-rising flour

½ cup milk (*fat-free / 2% / full-fat*)

2 heaping tablespoons mayonnaise (*low-fat / full fat*)

1 orange, zested

½ cup soft dried cranberries

2 teaspoons white sugar (*and more to sprinkle on top*)

Grease 6 muffin pan. Preheat oven to 230 °C.

Mix the self-rising flour, 2 teaspoons white sugar, cranberries and orange zest in mixing bowl. Beat the mayo and milk together in a small cup and carefully mix in with dry ingredients.

Fill muffin pan. Sprinkle the extra sugar on top. Bake for 8 - 10 minutes or till test pen comes out clean. Serve immediately.

Note:  
You can even just form 'buns' and place it on a baking paper-lined baking sheet.

For 12 muffins, just double the ingredients.

The orange zest is a must in this recipe.

You can also use other dried fruit.





# Peanut Butter and Banana Scones

Makes 6

- 1 cup self-rising flour
- ½ cup milk (*fat-free / 2% / full fat*)
- 2 heaping tablespoons mayonnaise (*low-fat / full fat*)
- 2 teaspoons white sugar
- ½ cup peanut butter (*I used caramel peanut butter*)
- 6 frozen / fresh Banana slices

Preheat oven to 230 °C. Grease / spray or line a 6 muffin pan.

Beat milk, mayo and peanut butter together. Add the self-rising flour and sugar. Mix lightly.

Spoon halfway into muffin cups. Press 1 frozen / fresh banana slice into each centre, cover with rest of mixture. Bake for 8-10 minutes or until a test pen comes out clean.

Cool for 5 minutes before removing from pan to a wire rack. Serve warm.

Note:  
Use either frozen banana slices or fresh banana.

If you want 12, just double the ingredients.  
Quick Elvis Presley snack. You can even add cooked bits of Bacon!!



Recipe: **Alma Pretorius**

# Coconut Cranberry Scones

Gluten free, Sugar free, Dairy  
free

Makes 6

- 1 cup gluten-free self-rising flour
- ½ cup coconut milk
- 2 heaping tablespoons mayonnaise (*low-fat / full fat*)
- 2 teaspoons Xylitol / fructose
- 1 cup soft dried cranberries
- 1 cup desiccated coconut

Preheat oven to 230 °C. Grease / spray / line a 6 muffin pan.

Beat the coconut milk and mayo. In another bowl, add the gluten-free self-rising flour, cranberries, Xylitol/fructose and coconut. Stir to coat the cranberries and coconut.

Add the wet mixture to dry mixture and stir carefully. It will be a thick consistency.

Spoon mixture into muffin cups. Sprinkle with extra coconut. Bake for 8-10 minutes or until a test pen comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.

Note:  
If you want 12, just double the ingredients.  
Perfect for unexpected guests.  
Use raisins instead of cranberries.



Recipe: **Alma Pretorius**