

## Caribbean Scones

Sweet potatoes are used in a lot of Caribbean cooking. It is said that these scones were first made by people from the Caribbean who were living in England, where scones are popular.



### Ingredients:

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 ½ teaspoons sugar
- 1 cup cooked, mashed sweet potatoes (approximately 1 ½ potatoes)
- 3 tablespoons melted butter or margarine

### Instructions:

1. Preheat the oven to 375 F degrees (190 C). Grease a baking sheet by spraying with non-stick spray or spreading a thin layer of shortening on it.
2. Sift together the flour, baking powder and salt. You can use a sifter or shake it through a strainer. Mix in the sugar.
3. In a different bowl, mix 1 ½ tablespoons of the melted butter into the mashed potatoes. (The rest of the butter is used later.) Mix well. Add the flour mixture to the potatoes and mix well. It should form a soft dough.
4. Put some flour on a clean surface and pat out the dough until it is about ½ inch thick. Using a biscuit cutter or the top of a glass, cut two-inch circles. Put them on the baking sheet about 1 inch apart. Brush the tops with the rest of the melted butter.
5. Bake for about 20 minutes. This recipe makes only about 10 scones, so you might want to double it. These scones are good served warm with butter and honey!