Children's Services

HOT CROSS BUNS

The healthiest and most delicious hot cross buns you ever will taste!

INGREDIENTS:

1. 2 1/2 cups almond meal
2. 3 tbsp coconut flour
3. 1 1/2 tsp baking powder
4. 1 tsp sea salt
5. 1 tsp ground cinnamon
6. 1 1/2 tbsp mixed spice
7. Zest of 1 small orange (optional)
8. 3 tbsp coconut sugar (optional)
9. 3 tbsp melted coconut oil
10. 2 tbsp honey
11. 3 eggs (2 for mixture, 1 for glazing)
12. 1 tsp vanilla extract
13. 1/4 cup raisins
14. 1/4 cup dark chocolate, melted

Recipe taken from:

*https://jessicasepel.com/
healthy-hot-cross-buns/*

METHOD:

Step 1

Preheat oven to 180°C (160°C fan-forced).Line a baking tray with non-stick baking paper.

Step 2

Combine the almond meal, coconut flour, baking powder, salt, cinnamon, mixed spice, orange zest and coconut sugar in a medium bowl, stirring well to remove any lumps.

Step 3

Whisk together the coconut oil, honey, 2 eggs and vanilla in a jug.

Step 4

Pour the wet ingredients into the bowl with the dry ingredients and mix well. Add the raisins and stir to combine.

Step 5

Roll 1/4 cup worth of mixture into a bun shape and add to baking tray. Repeat with rest of mixture.

Step 5

Whisk remaining egg and using a pastry brush, brush each bun with a little egg to glaze. Add to oven and bake for 20-25 minutes or until lightly golden and cooked through.

Step 6

Remove from oven and leave to cool for 5-10 minutes before piping a cross on each bun with the melted dark chocolate (Add the dark chocolate to a snap lock bag and then cut off a tiny corner using scissors. Then pipe the chocolate straight onto the bun)

'SAFEGUARDING CHILDREN'

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