

Hot cross buns

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Hot cross buns

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Hot cross buns



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Instead of buying hot cross buns from the supermarket or the bakery, why not try make these healthy Easter treats by Luke Hines and Scott Gooding at home?

Ingredients (makes 12)

Buns

- 1 cup almond meal
- ½ cup coconut flour
- ½ cup arrowroot
- ½ cup coarsely grated green apple
- 2 teaspoons baking powder
- 3 teaspoons ground cinnamon
- 2 teaspoons freshly grated nutmeg
- ½ teaspoon ground cloves
- 4 eggs, at room temperature, lightly whisked
- ¼ cup rice syrup
- 150 g butter, melted and cooled, plus extra to serve

Crosses

Hot cross buns

- 2 tablespoons coconut cream
- 1 tablespoon coconut oil, melted 2 teaspoons coconut flour

Method

Preheat your oven to 180°C and line a large baking tray with baking paper.

To make the buns, put all the ingredients together in a large bowl and mix well to combine. Stand for 10 minutes or until the mixture is firm.

Shape the mixture into 12 rounds and put them on the tray 2 cm apart.

Bake the buns for 20 minutes, or until golden. When they're cooked, a skewer inserted in the centre should come out clean. Let the buns cool on the tray for 5 minutes.

To make the crosses, put all the ingredients together in a bowl and whisk until smooth, then spoon the mixture into a small zip-lock bag. Snip off one small corner of the bag, then pipe crosses on top of the buns. Chill until set.

Serve warm, with extra butter.

Recipe extracted from [Luke Hines](#) and [Scott Gooding](#)'s book [Clean Living - Eat Clean All Year Round](#).

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