

SUGAR FREE & GLUTEN FREE

HOT CROSS BUNS

MAKES 8 - 10 BUNS

INGREDIENTS

- ¾ cup gluten free plain flour
- ¾ cup buckwheat flour
- ⅓ cup potato starch
- 2 teaspoons guar gum
- 1 teaspoon salt
- 1 ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- Pinch ground clove
- 1 tablespoon dry yeast
- 2 x 60g eggs
- ¾ cup light coconut milk
- 3 tablespoons Perfect Sweet® xylitol
- 2 tablespoons light olive oil or vegetable oil
- Zest of one orange and one lemon, finely grated
- 1 cup raisins

Egg Glaze

- 1 x 60g egg
- 1 tablespoon water

Sugar Free Icing for Crosses

- ½ cup Perfect Sweet® xylitol
- ½ teaspoon guar gum
- 1 teaspoon light coconut milk

METHOD

Preheat oven 180°C.

Sift plain flour, buckwheat flour, potato starch, guar gum, salt, cinnamon, nutmeg, and clove into a bowl. Mix in yeast.

In a second bowl beat eggs, coconut milk, Perfect Sweet® xylitol, oil and zest.

Add egg mixture to dry ingredients and beat well until combined.

Fold in raisins. Divide mixture into 8-10 buns.

Place dough on a lined tray. Set aside in a warm place for one hour to allow buns to rise.

Press a chopstick into the top of each bun to form a cross. This makes a gully so that the icing remains in place and forms the cross.

Egg Glaze

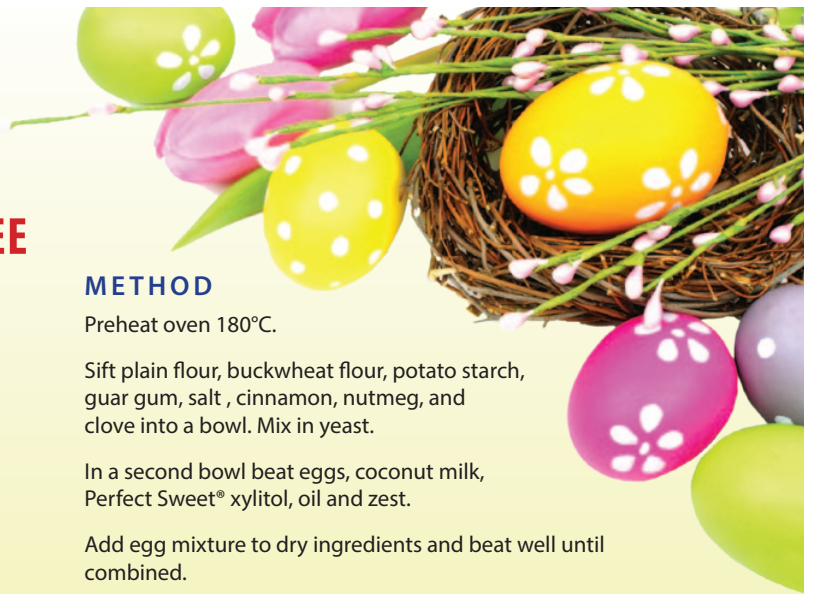
Using an electric beater, beat the egg and water in a small bowl until combined.

Brush the buns with egg glaze and bake for 20 minutes at 180°C.

Cool on a wire rack.

Sugar Free Icing

Grind Perfect Sweet® xylitol to a fine powder with mortar and pestle. Add the guar gum and coconut milk. Work until smooth and transfer to a piping bag. Pipe crosses on the buns.



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