



Banana & cinnamon whirls

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 225 g strong flour white
- ☐ 225 g malted granary bread flour
- ☐ 1 tsp salt
- ☐ 1 tsp caster sugar
- ☐ 7 g sachet easy-blend yeast
- ☐ 150 ml warm milk
- ☐ 1 eggs beaten
- ☐ 1 tbsp olive oil

- ☐ 100 ml warm water
- ☐ 50 g butter unsalted melted
- ☐ 4 medium bananas
- ☐ 200 g apricots dried chopped
- ☐ 2 tsp cinnamon
- ☐ 100 g muscovado sugar light
- ☐ 1 orange zest
- ☐ 4 tbsp runny honey

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Mix the flours and salt together in a large bowl, then stir in the caster sugar and yeast. Make a well in the centre of the flour and pour in the warm milk, beaten egg, olive oil and enough of the water to form a soft, wet dough.
- ☐ On a lightly floured surface, knead dough for 10 mins until smooth.
- ☐ Put the dough in a lightly oiled bowl, cover with oiled cling film, then leave to rise in a warm place until doubled in size. The dough is now ready to be shaped.
- ☐ Lightly butter two 20cm square baking tins. On a floured surface, roll half the dough into a rectangle approximately 30cm x 25cm and brush with melted butter. Repeat with the other half.
- ☐ Thinly slice bananas into a bowl and mix in apricots, muscovado sugar, cinnamon and orange zest. Spoon mix over the two rectangles of dough, leaving a finger-width border.

- ☐
- For each, roll the dough towards you from the long side of the rectangle, tucking in any banana that falls out. Press ends together to seal. With a sharp knife, cut into 9 pieces and place, cut side up, in the tin, just touching each other. Cover loosely with oiled cling film and set aside in a warm place to rise for 30 mins.
- ☐
- Heat oven to 200C/fan180C/gas
- ☐
- Warm the honey in a pan or in the microwave on High for 5 secs, then brush half over the buns.
- ☐
- Bake for 20–25 mins until golden. Allow to cool in the tin for 10 mins before removing to a cooling rack.
- ☐
- Brush with the remaining honey then pull apart to serve.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:20.05, Inflammation Score:-5, Nutrition Score:6.5782609089561%

Flavonoids

Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 215.01kcal (10.75%), Fat: 4.05g (6.23%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 39.58g (14.39%), Sugar: 19.09g (21.21%), Cholesterol: 16.1mg (5.37%), Sodium: 140.39mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Manganese: 0.34mg (17.08%), Selenium: 10.8µg (15.43%), Vitamin B1: 0.17mg (11.17%), Folate: 44.05µg (11.01%), Vitamin A: 517.67IU (10.35%), Fiber: 2.47g (9.87%), Vitamin B2: 0.14mg (8.16%), Potassium: 281.8mg (8.05%), Vitamin B3: 1.52mg (7.58%), Vitamin B6: 0.14mg (7.13%), Iron: 1.2mg (6.68%), Phosphorus: 56.68mg (5.67%), Copper: 0.11mg (5.51%), Vitamin E: 0.78mg (5.2%), Magnesium: 19.07mg (4.77%), Vitamin C: 3.33mg (4.04%), Vitamin B5: 0.39mg (3.94%), Calcium: 33.01mg (3.3%), Zinc: 0.4mg (2.64%), Vitamin K: 1.34µg (1.27%), Vitamin D: 0.19µg (1.23%), Vitamin B12: 0.07µg (1.22%)