



## Cinnamon Bun Minis

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tsp brown sugar
- 1 a dash of cinnamon
- 1 pound pizza dough whole-wheat
- 1 tsp apple sauce unsweetened

### Equipment

- bowl
- oven
- whisk

rolling pin

## Directions

- Cut pizza dough into 8 equal pieces, freezing leftovers for future use.
- Place your 1/8 piece on a floured surface. Using a floured rolling pin or floured glass, roll out to a long rectangle: about 6"-long x 2-inch wide; set aside. In a little bowl, whisk 2 tsp brown sugar with a little bit of applesauce, so it forms a spreadable paste (less wet is best).
- Spread it on the dough, then sprinkle generously with ground cinnamon and another sprinkling of the sugar.
- Roll up the dough like a sleeping bag and slice into mini buns — 6 to
- Place each mini in a muffin cup and bake 10–15 minutes at 350F until it has puffed a little and is firm to the touch. (The bottom side facing the muffin cup usually looks the prettiest). For an icing, whisk a little powdered sugar with a tiny bit of nondairy milk, adding more liquid as necessary to form a glaze.
- Drizzle over top and garnish with a quick dash of cinnamon. **Chef's Note:** I typically buy whole-wheat pizza dough already pre-made from the store, but you can also make it yourself. There is also a recipe in *Happy Herbivore Abroad*. **Nutritional Information**

Amount Per Serving

Calories

Fat

60g

Carbohydrate

30g Dietary Fiber NA Sugars 0.90g Protein 0.60g

## Nutrition Facts



## Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:1, Nutrition Score:0.79695652271418%

## Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 143.86kcal (7.19%), Fat: 1.76g (2.71%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 27.16g (9.88%), Sugar: 4.36g (4.84%), Cholesterol: 0mg (0%), Sodium: 410.21mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Iron: 1.57mg (8.75%), Fiber: 1.09g (4.36%), Manganese: 0.08mg (3.85%)