



## Cinnamon Buns

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 packet active yeast
- ☐ 1 tbsp double-acting baking powder
- ☐ 4 tbsp brown sugar
- ☐ 2 tsp cinnamon
- ☐ 1 cup confectioners sugar
- ☐ 0.8 cup plant-based milk
- ☐ 1 tsp plant-based milk
- ☐ 0.3 cup sugar raw

- ☐ 0.3 tsp salt
- ☐ 6 tbsp apple sauce unsweetened
- ☐ 3 cups pastry flour whole wheat

## Equipment

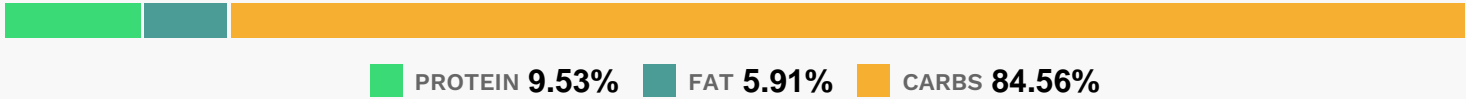
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ cake form
- ☐ spatula
- ☐ rolling pin
- ☐ pizza cutter

## Directions

- ☐ Preheat oven to 350F. Grease a circular cake pan and set aside. Gently warm 3/4 cup non-dairy milk to about 110 degrees.
  - ☐ Sprinkle yeast over warmed non-dairy milk and let it dissolve, about 5 minutes.
  - ☐ Combine 2 cups of flour, 1/4 cup sugar, baking powder, 1 tsp cinnamon and 1/4 salt in a large bowl.
  - ☐ Add 5 tbsp applesauce and yeast mixture, stirring spatula to combine.
  - ☐ Add in another 1/2 cup flour, stirring to combine.
  - ☐ Sprinkle remaining flour on a flat surface and knead dough, kneading in most of the flour. Knead about 15–20 times. Using a floured rolling pin, roll dough out into large, thin rectangle and set aside. Prepare filling by combining 4 tbsp brown sugar with 1 tbsp unsweetened applesauce, 1 tsp cinnamon and raisins if using. Spoon filling in the center of the dough and spread it around, leaving 1" edge clear. Gently but tightly roll the dough up. Use a pizza cutter, sharp knife or string to cut off 6 rolls and place into prepared cake pan and bake 20 to 25 minutes, until golden and cooked through. Meanwhile, prepare icing by mixing 1 cup confectioners sugar with 1 tsp non-dairy milk (plain or vanilla), whipping until it becomes a thick glaze with no sugar chunks.
  - ☐ Spread glaze over hot buns.
- Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber7gSugars18gProtein6g

## Nutrition Facts



## Properties

Glycemic Index:28.83, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:17.786521599992%

## Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 377.54kcal (18.88%), Fat: 2.62g (4.03%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 84.2g (28.07%), Net Carbohydrates: 76.83g (27.94%), Sugar: 38.77g (43.07%), Cholesterol: 3.76mg (1.25%), Sodium: 325.87mg (14.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.99%), Manganese: 2.61mg (130.52%), Selenium: 38.06µg (54.37%), Vitamin B1: 0.45mg (30.08%), Phosphorus: 298.81mg (29.88%), Fiber: 7.36g (29.45%), Magnesium: 88.99mg (22.25%), Calcium: 193.99mg (19.4%), Vitamin B3: 3.51mg (17.55%), Iron: 2.61mg (14.52%), Vitamin B6: 0.29mg (14.48%), Folate: 54.28µg (13.57%), Copper: 0.26mg (13.23%), Zinc: 1.81mg (12.06%), Vitamin B2: 0.2mg (11.62%), Potassium: 304.65mg (8.7%), Vitamin B5: 0.66mg (6.56%), Vitamin E: 0.49mg (3.24%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.34µg (2.3%), Vitamin K: 1.58µg (1.51%), Vitamin A: 63.07IU (1.26%)