



## Cinnamon Buns

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



392 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
- 2 tbsp raisins

- 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:38.63, Glycemic Load:3.18, Inflammation Score:-5, Nutrition Score:18.091739128465%

### 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: 392.34kcal (19.62%), Fat: 2.64g (4.07%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 88.12g (29.37%), Net Carbohydrates: 80.42g (29.24%), Sugar: 38.77g (43.07%), Cholesterol: 3.76mg (1.25%), Sodium: 327.27mg (14.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Manganese: 2.62mg (131.19%), Selenium: 38.09µg (54.41%), Fiber: 7.7g (30.81%), Vitamin B1: 0.46mg (30.45%), Phosphorus: 302.56mg (30.26%), Magnesium: 90.49mg (22.62%), Calcium: 195.39mg (19.54%), Vitamin B3: 3.56mg (17.82%), Iron: 2.74mg (15.23%), Vitamin B6: 0.3mg (14.95%), Copper: 0.28mg (13.98%), Folate: 54.43µg (13.61%), Vitamin B2: 0.21mg (12.16%), Zinc: 1.82mg (12.12%), Potassium: 345.9mg (9.88%), Vitamin B5: 0.66mg (6.58%), 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%)