



Easy hot cross buns

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 500 g bread flour white
- ☐ 0.5 tsp salt
- ☐ 2 tsp spice mixed
- ☐ 50 g sugar
- ☐ 50 g butter chopped
- ☐ 200 g fruit mixed dried
- ☐ 7 g yeast dried
- ☐ 200 ml milk

- ☐ 2 eggs
- ☐ 3 tbsp flour plain
- ☐ 8 servings golden syrup for brushing

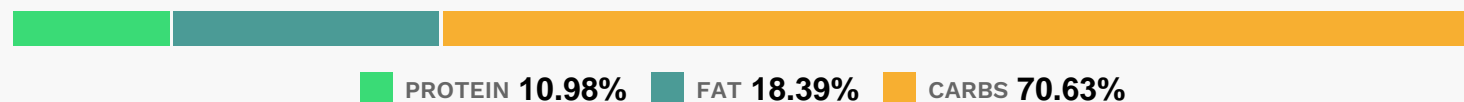
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Tip the flour into a bowl and stir in the salt, mixed spice and sugar.
- ☐ Rub in the butter with your fingertips. Stir in the dried fruit, then sprinkle over the yeast and stir in. Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds. Beat with the eggs, then pour into the dried ingredients.
- ☐ Using a blunt knife, mix the ingredients to a moist dough, then leave to soak for 5 mins. Take out of the bowl and cut the dough into 8 equal pieces.
- ☐ Shape the dough into buns on a floured surface. Space apart on a baking sheet, cover loosely with cling film, then leave in a warm place until half again in size. This will take 45 mins-1 hr 15 mins, depending on how warm the room is.
- ☐ When the buns are risen, heat oven to 220C/fan 200C/gas
- ☐ Mix the flour with 2 tbsp water to make a paste.
- ☐ Pour into a plastic food bag and make a nick in one of the corners. Pipe crosses on top of each bun.
- ☐ Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns , then brush all over with honey or golden syrup. The buns will keep fresh for a day. After that they are best toasted and served with butter.

Nutrition Facts



Properties

Glycemic Index:49.26, Glycemic Load:40.43, Inflammation Score:-4, Nutrition Score:10.617391213127%

Nutrients (% of daily need)

Calories: 405.94kcal (20.3%), Fat: 8.38g (12.9%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 72.46g (24.15%), Net Carbohydrates: 68.13g (24.77%), Sugar: 20.53g (22.81%), Cholesterol: 57.45mg (19.15%), Sodium: 215.52mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.54%), Selenium: 30µg (42.86%), Manganese: 0.73mg (36.42%), Fiber: 4.34g (17.34%), Vitamin B1: 0.21mg (13.96%), Phosphorus: 135.9mg (13.59%), Folate: 53.97µg (13.49%), Vitamin B2: 0.2mg (11.57%), Copper: 0.2mg (10.23%), Magnesium: 38.94mg (9.73%), Calcium: 93.5mg (9.35%), Potassium: 302.69mg (8.65%), Iron: 1.52mg (8.42%), Vitamin B5: 0.78mg (7.84%), Zinc: 1.05mg (7.01%), Vitamin B3: 1.35mg (6.73%), Vitamin A: 262.41IU (5.25%), Vitamin B6: 0.1mg (5.03%), Vitamin K: 4.79µg (4.56%), Vitamin E: 0.62mg (4.16%), Vitamin B12: 0.25µg (4.14%), Vitamin D: 0.5µg (3.36%)