



## Hot cross muffin buns

 Vegetarian

READY IN



180 min.

SERVINGS



9

CALORIES



343 kcal

BREAD

### Ingredients

- ☐ 450 g bread flour white
- ☐ 0.5 tsp salt
- ☐ 50 g butter cut into pieces
- ☐ 7 g yeast dried
- ☐ 2 tsp spice mixed
- ☐ 50 g brown sugar
- ☐ 1 lemon zest finely grated
- ☐ 275 ml milk

- ☐ 2 eggs beaten
- ☐ 200 g fruit mixed dried halved
- ☐ 2 tbsp flour plain
- ☐ 9 servings golden syrup

## Equipment

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin tray

## Directions

- ☐ Put all dough ingredients, except the dried fruit, in the breadmaker, following the order in your manual. Set to dough programme.
- ☐ Once the dough is ready, turn it out onto a lightly floured surface and punch down to deflate. Pat into a large flat circle, tip the fruit in the centre and enclose with the dough. Knead the fruit in, cutting through the mixture with a sharp knife, then re-knead a few times to distribute the fruit evenly.
- ☐ Cut out nine 14cm squares of baking parchment and have ready a 12-hole muffin tin.
- ☐ Cut the dough into 9 even-sized pieces and roll each into a smooth ball. Push a square of the parchment into a tin hole and drop in a ball of dough. Repeat with the rest. Cover the tin loosely with lightly-oiled cling film and leave in a warm place for 30–45 minutes or until doubled in size. Preheat oven to fan 180C/ conventional 200C/gas
- ☐ For the crosses, blend the flour to a smooth paste with 5–6 tsp of cold water. Spoon into a small plastic food bag and cut a small hole off one corner or use a piping bag. Pipe crosses on the buns.
- ☐ Bake for 15 minutes or until golden. Lift onto a cooling rack.
- ☐ Brush with a little golden syrup while warm.

## Nutrition Facts



 PROTEIN **11%**  FAT **19.7%**  CARBS **69.3%**

Properties

Glycemic Index:36, Glycemic Load:29.2, Inflammation Score:-3, Nutrition Score:9.3160870282546%

Nutrients (% of daily need)

Calories: 343.3kcal (17.16%), Fat: 7.61g (11.71%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 60.26g (20.09%), Net Carbohydrates: 56.49g (20.54%), Sugar: 18.6g (20.67%), Cholesterol: 52.1mg (17.37%), Sodium: 196.25mg (8.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Selenium: 24.38µg (34.83%), Manganese: 0.6mg (30.07%), Fiber: 3.77g (15.07%), Phosphorus: 123.49mg (12.35%), Vitamin B1: 0.18mg (12.02%), Folate: 44.76µg (11.19%), Vitamin B2: 0.18mg (10.52%), Calcium: 98.17mg (9.82%), Copper: 0.17mg (8.67%), Magnesium: 34.67mg (8.67%), Potassium: 283.85mg (8.11%), Iron: 1.3mg (7.23%), Vitamin B5: 0.71mg (7.11%), Zinc: 0.92mg (6.13%), Vitamin B3: 1.11mg (5.55%), Vitamin A: 247.4IU (4.95%), Vitamin B6: 0.1mg (4.78%), Vitamin B12: 0.27µg (4.45%), Vitamin K: 4.26µg (4.06%), Vitamin D: 0.54µg (3.61%), Vitamin E: 0.54mg (3.59%), Vitamin C: 1.23mg (1.49%)