



## No-fuss hot cross buns



Vegetarian



Vegan



Dairy Free

READY IN



205 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 500 g flour plain
- ☐ 0.5 tsp yeast dried
- ☐ 1 handful raisins
- ☐ 0.3 tsp spice mixed
- ☐ 50 g marzipan
- ☐ 1 tbsp granulated sugar

## Equipment

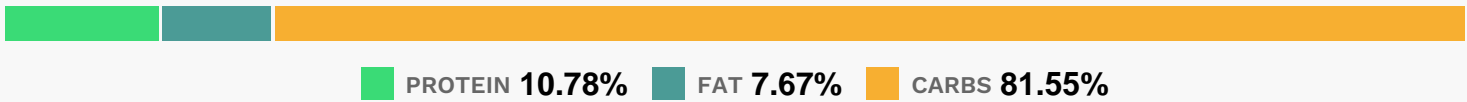
- ☐ bowl

- ☐ oven
- ☐ kitchen towels
- ☐ muffin tray

## Directions

- ☐ Put flour in a large bowl and add the yeast, raisins, mixed spice and 350ml water. Stir to a soft dough, cover with a tea towel and leave to rise for 3 hrs at room temperature, by which time the dough will have expanded and become smoother in appearance. If you want to leave it for longer, for example overnight, just leave it in the fridge.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter a 12-hole muffin tin. Divide the dough into 12 and shape each portion into a neat ball on a floured work surface. Drop each ball into a muffin hole.
- ☐ Bake for 20 mins.
- ☐ Roll out the marzipan and cut it into 0.5cm-wide strips to make the crosses for the buns.
- ☐ Mix the sugar with 2 tbsp water and leave to dissolve. When the buns are cooked, take them out of the oven and carefully lay a cross made from two marzipan strips on top of each and put them back in the oven for 5 mins. Take the buns out, brush with the sugar water and leave to cool.

## Nutrition Facts



## Properties

Glycemic Index:16.99, Glycemic Load:24.75, Inflammation Score:-3, Nutrition Score:6.674782688608%

## Nutrients (% of daily need)

Calories: 183.36kcal (9.17%), Fat: 1.54g (2.38%), Saturated Fat: 0.16g (1%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 35.47g (12.9%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 3.01mg (0.13%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin B1: 0.35mg (23.25%), Folate: 81.87µg (20.47%), Selenium: 14.2µg (20.29%), Manganese: 0.36mg (18.02%), Vitamin B2: 0.23mg (13.55%), Vitamin B3: 2.68mg (13.42%), Iron: 2.09mg (11.6%), Fiber: 1.46g (5.84%), Phosphorus: 57.75mg (5.77%), Copper: 0.09mg (4.36%), Magnesium: 15.88mg (3.97%), Vitamin E: 0.53mg (3.51%), Zinc: 0.37mg (2.47%), Potassium: 77.99mg (2.23%), Vitamin B5: 0.21mg (2.14%), Vitamin B6: 0.03mg (1.34%)