



Whole Wheat Cinnamon Sticky Buns

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



345 kcal

Ingredients

- ☐ 1 tablespoon yeast dry
- ☐ 0.5 cup agave nectar light
- ☐ 1 cup agave nectar
- ☐ 0.1 teaspoon almond extract
- ☐ 2.5 tablespoons apple juice unsweetened
- ☐ 1 large baking potatoes peeled
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 18 servings butter melted for brushing
- ☐ 2 tablespoons ground cinnamon

- ☐ 0.8 cup raisins boiling drained for 10 minutes and well
- ☐ 1 teaspoon sea salt
- ☐ 0.5 cup soy milk unsweetened dry
- ☐ 0.5 cup soy milk unsweetened low-fat
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup walnuts lightly toasted finely
- ☐ 0.5 cup water
- ☐ 4 cups pastry flour whole wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

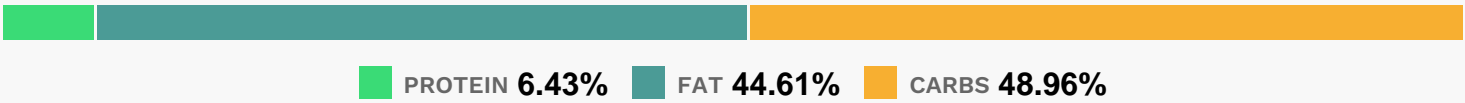
Directions

- ☐ To make the filling, in a large bowl, using an electric mixer, cream the butter with the agave nectar until smooth, about 2 minutes.
- ☐ Add the cinnamon and flour and mix well. Stir in the walnuts and raisins. Refrigerate to firm the mixture for a minimum of 2 hours.
- ☐ Begin the dough by cooking the potato in boiling water for 25 to 30 minutes, until soft.
- ☐ Drain, reserving 3/4 cup of the starchy water. Mash the potato and reserved water until smooth. Set aside and cool to room temperature.
- ☐ Place the yeast, warm water, and 2 tablespoons of the agave nectar in a food processor. Pulse a few times to dissolve the yeast.
- ☐ Let this mixture sit about 10 minutes, or until foamy.

- ☐ Add the cooled mashed potato, milk, the remaining ¼ cup agave nectar, the melted butter, and salt. Pulse several times to mix.
- ☐ Add the flour a little at a time, pulsing to blend until a soft dough forms.
- ☐ Transfer the dough to a lightly floured surface. Gently knead by hand for approximately 1 minute, or until smooth and elastic.
- ☐ Place the kneaded dough into a lightly oiled bowl.
- ☐ Let rest for 20 minutes. Punch down the dough and turn in the bowl to coat with oil. Cover the bowl with plastic wrap and place in a draft-free area to rise.
- ☐ Let the dough rise until doubled in bulk, about 1 hour.
- ☐ While the dough is rising, prepare the glaze.
- ☐ Place all the glaze ingredients in a food processor and blend until smooth, about 1 minute. Refrigerate until ready to use. The mixture will thicken slightly when chilled.
- ☐ To prepare the sticky buns, line 2 rectangular jelly roll pans with parchment paper and lightly spray with canola oil spray. Gently punch the dough down.
- ☐ Roll out on a lightly floured work surface to form an 18- by 20-inch rectangle. (The dough will be sticky to work with.)
- ☐ Spread the filling mixture over the dough, leaving a 1-inch border on all sides. Beginning from a long side, carefully roll the dough up to form a long log. Slice the log into 18 equal pieces.
- ☐ Place the slices onto the prepared pans with the edges of the rolls lightly touching together. Fill 1 pan entirely before starting the next, so most rolls will fit snugly together.
- ☐ Brush the tops with the melted butter. Cover with a damp kitchen cloth and place in a warm, draft-free area. Allow the rolls to rise for 40 to 45 minutes, until doubled in size.
- ☐ Preheat the oven to 375°F.
- ☐ When the rolls are fully risen, bake for 25 minutes, or until lightly golden.
- ☐ Let the rolls cool on the pans for 10 to 15 minutes before drizzling with the glaze. Pull apart gently to serve. Best served warm.
- ☐ Store the leftover rolls in the refrigerator and reheat in a 350°F oven for 10 minutes before serving.
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School of Cooking in New York and the owner of the Gourmet Whole Foods Catering and Cooking School in Milford, Connecticut.

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:12.307826161385%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 344.66kcal (17.23%), Fat: 17.81g (27.39%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 39.36g (14.31%), Sugar: 13.17g (14.63%), Cholesterol: 0mg (0%), Sodium: 285.62mg (12.42%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 5.77g (11.54%), Manganese: 1.51mg (75.69%), Selenium: 17.28µg (24.68%), Fiber: 4.61g (18.43%), Vitamin B1: 0.25mg (16.63%), Phosphorus: 143.72mg (14.37%), Magnesium: 56.98mg (14.25%), Vitamin B6: 0.28mg (14.08%), Copper: 0.27mg (13.51%), Vitamin A: 590.92IU (11.82%), Vitamin B3: 1.93mg (9.65%), Iron: 1.64mg (9.13%), Vitamin B2: 0.15mg (8.54%), Potassium: 292.55mg (8.36%), Folate: 32.06µg (8.02%), Zinc: 1mg (6.68%), Vitamin E: 0.92mg (6.13%), Vitamin C: 4.78mg (5.79%), Vitamin K: 5.45µg (5.19%), Calcium: 50.82mg (5.08%), Vitamin B5: 0.32mg (3.21%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.16µg (1.08%)