



## Whole Wheat Cinnamon Sticky Buns

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



345 kcal

### Ingredients

- 1 tablespoon active yeast dry
- 0.5 cup agave nectar light
- 1 cup amber agave nectar
- 0.1 teaspoon almond extract
- 2.5 tablespoons apple juice unsweetened
- 1 large baking potato peeled
- 2 tablespoons nonhydrogenated butter substitute unsalted at room temperature
- 18 servings butter substitute 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 powder unsweetened dry
- 0.5 cup soy milk unsweetened low-fat
- 0.5 teaspoon vanilla extract
- 1 cup walnuts lightly toasted finely
- 0.5 cup warm 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.
- Reprinted with permission from *Baking with Agave Nectar: Over 100 Recipes Using Nature's Ultimate Sweetener* by Ania Catalano. Copyright © 2008 by Ania Catalano; photography © 2008 by Lara Hata. Published by Celestial Arts, an imprint of the Crown Publishing Group, a division of Random House, Inc., New York. Ania Catalano is a graduate of the Natural Gourmet

School of Cooking in New York and the owner of the Gourmet Whole Foods Catering and Cooking School in Milford, Connecticut.

## Nutrition Facts



PROTEIN 6.43% FAT 44.61% CARBS 48.96%

### 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%)