






## GUILT FREE HOT CROSS BUNS

 10 minutes  
 35 minutes  
 12 portions

## INGREDIENTS

- 1.5 Cups of almond Meal (180 g)
- 1.5 cups of arrowroot flour (192 g)
- 1 tsp of baking powder, low-sodium (5 g)
- 1 tsp of bo-carb soda (5 g)
- 2 tps of cinnamon, ground (5 g)
- 1/2 tsp of s nutmeg, ground (1 g)
- 1/2 tsp ginger, ground (1 g)
- 1/4 tsp , cloves, ground (1 g)
- 2 eggs, beaten (100 g)
- 2 tbsp of rice Malt Syrup (20 g)
- 2 tbsps of orange zest (12 g)
- 50 grams of dark chocolate, 85% cacao [OPTIONAL] or 1/2 cup, raisins or currents, seedless (83 g)
- 1/4 cup of oil, coconut (55 g)
- 1 egg white (For Crosses)
- 1/4 cup desiccated coconut (For Crosses)
- 1 tsp of vanilla bean paste

## COOKING METHOD

- 1° Preheat oven to 180°C / 350°F. Lightly grease a 12-hole muffin tray.
- 2° Mix almond meal, flour, bicarbonate soda, baking powder and spices together in a bowl.
- 3° In a separate bowl combine eggs, butter, syrup, vanilla and orange zest. Add wet mixture to dry and combine well. Fold through chocolate pieces or dried fruit if using.
- 4° Pour mixture into prepared tray.
- 5° To make crosses, whisk egg whites and desiccated coconut. Drizzle over unbaked buns in a cross shape with two spoons or using a piping bag
- 6° Bake for 20-25 minutes, or until lightly golden and a skewer inserted into the centre comes out clean.
- 7° Bake for 20-25 minutes, or until lightly golden and a skewer inserted into the centre comes out clean.
- 8° Best served toasted under the grill with butter.
- 9° Note I advise eating sweet foods like this one as occasional treats only. Also, i encourage you to cut the sweetener down even more if you can (Rice Malt Syrup). These can be made without any sweetener at all and they're delicious.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (59 g)	% DRI
ENERGY	418 kcal	245 kcal	12 %
FAT	26 g	15 g	24 %
FATTY ACIDS, TOTAL SATURATED	17 g	10 g	51 %
CHOLESTEROL	53 mg	31 mg	10 %
SODIUM	42 mg	25 mg	1 %
CARBOHYDRATE	37 g	22 g	7 %
SUGARS	9 g	5 g	—
FIBER	2 g	1 g	5 %
PROTEIN	8 g	5 g	—