

Spelt Hot Cross Buns



Serves: 18
Prep: 20 mins (+1 ½ hours rising time)
Cook: 15-20 mins

Dietary: NF, VEG
Allergens: Wheat, Eggs, Dairy
Age group: 12 months+

MindChamps[®]
early learning & preschool

Spelt Hot Cross Buns



Nut-Free



Vegetarian

Ingredients

- ¾ cup (180ml) milk of choice
- ½ cup (80g) unsalted butter, cubed
- 2 ½ tsp (10g) dried yeast
- ¼ cup (60ml) lukewarm water
- 1 tbsp (20ml) raw honey
- 1 egg, lightly whisked
- 500g wholemeal spelt flour or wholemeal flour
- ½ cup (75g) coconut sugar
- ¾ cup (110g) dark choc chips
- 1 ½ tsp (3g) ground cinnamon
- 1 tsp (2g) all spice

Topping:

- 2 tbsp (25g) wholemeal spelt flour or wholemeal flour
- 2 tbsp (40ml) cold water
- 2 tbsp (40ml) raw honey, heated

Method

1. In a small saucepan, heat the milk until it is almost boiling.
2. Take off the heat, add butter to hot milk and whisk until butter is melted.
3. In a small bowl, combine yeast with warm water and honey. Set aside for 5-10 mins until frothy.
4. In a large bowl, add flour, sugar, choc chips, cinnamon and all spice and stir to combine.
5. Add egg, milk mixture and yeast and stir with a wooden spoon until well combined. You can also use a kitchen machine attached with a dough hook for this step. The dough will be very sticky but that is how it is meant to be. Cover with a tea towel and allow to rise for an hour in a warm spot.
6. Once it's doubled in size, transfer dough onto a well-floured surface and knead until a smooth dough is forming.
7. Divide dough into 18 equal pieces and place them onto a baking tray lined with baking paper. Cover with a tea towel and allow to rest for 30 mins.
8. Preheat oven to 170°C.
9. In a small bowl, combine 2 tbsp of flour with 2 tbsp of cold water and mix until a paste is forming. Transfer into a piping bag.
10. Pipe crosses onto the buns and bake in the oven for 15-20 mins.
11. Take out of the oven and brush the hot buns with some honey or maple syrup (it works best when you heat the honey first).
12. Serve warm.

Storing Leftovers: Serve immediately. Store in an airtight container in a cool spot for up to 2 days or in the fridge for up to 6 days or freeze for up to 4 months.

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Tips

✓ Allergies:

For a gluten-free version: Swap wholemeal spelt flour for a gluten-free flour mix or brown rice flour.

For a dairy-free version: Swap milk for coconut, oat or soy milk and butter for coconut butter.

For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).

✓ Easy ingredient swaps:

Swap choc chips for sultanas or dried fruit of choice.

✓ Additional boosters:

Add crushed seeds or chia seeds to the batter.