

# Rosemary & chocolate hot cross buns (gluten & sugar free)

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## Rosemary & chocolate hot cross buns (gluten & sugar free)

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Love hot cross buns? Kate Bradley from Kenko Kitchen shares her favourite recipe.

### **Ingredients** (makes 12 buns)

For the bun

- $\frac{3}{4}$  cup buckwheat flour + extra for dusting
- $\frac{3}{4}$  cup plain gluten-free flour
- $\frac{1}{3}$  cup potato starch
- 2 tsp guar gum
- 1 tbsp dry instant yeast
- 3 tbsp Stevia
- $\frac{2}{3}$  cup dairy-free dark chocolate chips
- 1 sprig rosemary
- 1 tsp pink lake sea salt
- 1  $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp ground nutmeg
- $\frac{1}{4}$  tsp mixed spice
- 2 free range eggs/2 flax eggs for vegan version (see Tip)
- 2 tbsp olive oil

## Rosemary & chocolate hot cross buns (gluten & sugar free)

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- ¾ cup soy or coconut milk
- For the cross
- ¼ cup buckwheat flour
- 1 sprig rosemary
- 1 tbsp cacao
- 1 tsp Stevia
- 1-2 tbsp water

For the glaze

- 2 tbsp sugar-free apricot jam for glaze

### Method

Mix the flours, potato starch, guar gum, instant yeast, stevia, chocolate chips, rosemary and salt in a bowl with the spices.

Make a well in the middle and gently mix in the eggs and olive oil.

Slightly heat up the soy or coconut milk to just above room temperature and mix into the dough.

Roll dough into a ball then place in an oiled bowl and cover with oiled cling wrap.

Let dough rise for 30 minutes.

Once dough has risen, knead dough until smooth on a surface dusted with buckwheat flour. \*

Break mixture into 18 even balls and once each ball is smooth, place on a baking tray with around ½ cm inbetween each ball.

Sprinkle your second sprig of rosemary onto the buns to decorate the top. Then combine your cross mixture together and place into a piping bag and pipe crosses across the buns.

Place the buns in a warm place for half an hour to rise again.

Once buns have risen, place them in a preheated oven for 30 minutes or until golden.

Remove buns from the oven and brush with the apricot jam then serve immediately.\*\*

\*Dough will be a bit sticky – so do not be alarmed; if you believe dough is too sticky just add in an extra one tbsp of buckwheat flour.

\*\*If not serving buns immediately, just gently warm them in the oven again before serving.

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Photo credit: Elisa Watson

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