

# WEIGHLESS HOT CROSS BUNS



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The best homemade I have had so far

### Ingredients

2 tsp active dry yeast

120ml low fat milk, warm

1 egg and 1 yolk

1 tbsp butter

4 tsp sugar

$\frac{1}{4}$  tsp salt

190g flour

40g raisins and 20g currants ( or extra 20g raisins )

$\frac{1}{4}$  ground cinnamon

Pinch of allspice

1 tbsp water

### Icing:

$\frac{1}{4}$  cup icing sugar

5 drops vanilla essence

1 tsp low-fat milk

### Method

Dissolve the yeast in the warm milk, stir in the butter, whole egg, salt and sugar.

Mix together the flour, dried fruit and spices.

Add  $\frac{3}{4}$  of the flour mixture to the milk mixture and mix well.

Stir in the remaining flour, one teaspoon at a time, until the mixture forms a soft dough. Turn onto a floured surface and knead until soft and elastic.

Place in a bowl that has been coated with non-stick spray, cover and leave in a warm place until it doubles in size.

Punch down the dough, divide into six even-sized balls and place on a baking tray that has been coated with non-stick spray. Cut a small cross into the top of each ball using a sharp knife and leave to rise for about 30 minutes or until it

doubles in size.

Whisk together the water and egg yolk, brush over the dough and bake in a 190°C oven for 15 minutes. Mix together the icing ingredients and pipe a cross onto each bun.

SOURCE: Tertia Jardine-Simons