

Hot Cross Buns

Traffic light category: **Green**

Serves: 20

Ingredients

- 4 teaspoons yeast
- 1 cup caster sugar
- $\frac{3}{4}$ cup warm reduced fat milk
- 4 cups plain flour
- 1 teaspoon ground cinnamon
- 2 teaspoons mixed spice
- 90g polyunsaturated margarine
- 1 egg lightly beaten
- $\frac{1}{2}$ cup water
- $1\frac{1}{2}$ cups sultanas
- $\frac{1}{4}$ cup mixed peel
- Flour paste for cross
 - $\frac{1}{2}$ cup plain flour
 - $\frac{1}{2}$ cup water
- Glaze
 - 1 tablespoon caster sugar
 - $\frac{1}{4}$ cup boiling water

Method

1. Combine yeast, 1 tablespoon of the sugar and milk in small bowl, whisk until yeast is dissolved. Cover bowl, stand in warm place about 10 minutes, or until mixture is frothy
2. Sift flour, cinnamon and mixed spice into a large bowl, rub in margarine with fingertips
3. Stir in remaining sugar, yeast mixture, egg, water, sultanas and mixed peel. Cover, stand in warm place for about 1 hour or until mixture has doubled in size
4. Turn dough onto floured surface, knead for 5 minutes or until dough is smooth and elastic
5. Divide dough into 20 portions, knead into balls. Place buns in greased square cake pan (approx 23cm), stand in warm place for 20 minutes, or until dough has risen to the top of the pan
6. Mix flour paste ingredients in a small cup until smooth, spoon into piping bag, pipe crosses onto buns
7. Bake in hot oven (200°C) for 10 minutes. Reduce heat to moderate (180°C), bake for a further 15 minutes or until brown
8. While buns are cooking combine boiling water and sugar, stir until sugar has dissolved
9. Remove buns from oven, while still hot brush top with glaze, turn onto wire rack to cool.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	937kJ	1090kJ
Protein	5.1g	6.0g
Total fat	3.8g	4.3g
Saturated fat	1.0g	1.1g
Carbohydrate	41.4g	48.5g
Sugars	18.8g	21.8g
Dietary fibre	3.4g	2.7g
Sodium	100mg	115.5mg

Recipe adapted from taste.com



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