Dinner

Fruity Spiced Hot Cross Buns

Gently spiced wholemeal buns packed with mixed dried fruit, mashed banana and grated apple, brightened with lemon and orange zest and marked with a classic cross before baking.



Vegetarian | Low fat

115 min	233	43 g	14.8 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 500 g wholemeal flour, plus 1 tbsp for kneading
- [ ] 1.5 tsp/7g sachet fast-action dried yeast
- [ ] 50 g soft brown sugar
- [ ] 2 heaped tsp ground mixed spice
- [ ] 1 ripe banana, mashed
- [ ] 1 egg, beaten
- [ ] grated zest 1 lemon
- [ ] grated zest 1 orange
- [ ] 1 apple, cored and grated, but not peeled
- [ ] 200 ml warm milk
- [ ] 125 g mixed dried fruit
- [ ] 2 tsp sunflower oil

Method

- [ ] **1** Heat the oven to 190°C/gas 5. Stir the wholemeal flour, fast-action dried yeast, soft brown sugar and ground mixed spice together in a large bowl.
- [ ] **2** In a separate bowl, beat the ripe banana with the egg, lemon zest, orange zest and the grated apple, skin left on.
- [ ] **3** Work the warm milk into the dry mix a little at a time with a wooden spoon, then beat in the banana and egg mixture to make a soft, sticky dough.
- [ ] **4** Knead the dough with one hand, then tip it onto a work surface dusted with a little of the flour set aside for kneading. Push and stretch it with the heel of your hand, folding it over and adding a sprinkle more flour if it clings, for 5-10 minutes until smooth and springy.
- [ ] **5** Pat the dough flat, tip the mixed dried fruit into the middle, fold the dough over and knead a couple of minutes more until the fruit is evenly spread through.
- [ ] **6** Coat a large bowl with a teaspoon of the sunflower oil, sit the dough inside and cover with cling film rubbed with a little more sunflower oil. Leave to rise somewhere warm for 1 hour, until doubled in size.
- [ ] **7** Divide the dough into 12 rounds and set them well apart on one or two lightly oiled baking sheets. Cover with cling film or a clean tea towel and give them another hour to rise.
- [ ] **8** Score a deep cross into the top of each bun with a sharp knife, then bake for 20-25 minutes until golden brown.

Nutrition Facts

Per serving

Calories	233
Total fat	2.5 g
Saturated fat	0.7 g
Sodium	Not listed
Total carbs	43 g
Fiber	4.9 g
Total sugars	14.8 g
Protein	7.1 g

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