



Clean Eating

GLUTEN FREE HOT CROSS BUNS WITH LEMON CASHEW CREAM

 15 servings

INGREDIENTS

For the buns:

- 3 ½ cups of TH1 gluten free flour mix
- 1 cup almond milk
- 1 cup dried fruit (we used ½ cup currants & ½ cup sultanas)
- ½ cup coconut sugar
- ¼ cup coconut oil
- 3 tablespoons cinnamon
- 2 tablespoons dry yeast
- 2 tablespoons flax meal
- 1 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon allspice
- Zest and juice of 2 oranges

For the cashew cream cheese frosting:

- 1 cup cashews, soaked overnight
- 2 tablespoons Greek or coconut yoghurt
- 2 tablespoons rice malt syrup
- 1 tablespoon lemon juice

it's about the

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DIRECTIONS

- In a small bowl, soak your dried fruit in enough warm water to submerge them. Place the almond milk into a medium sized saucepan and warm slowly over a low heat. Be sure not to boil the milk, you want it to be lukewarm. To the saucepan add the yeast and coconut sugar. Set the saucepan aside and allow the yeast in the mixture to rise (be sure to use a large enough saucepan, otherwise the mixture will overflow – I speak from experience!).
- In another bowl combine the gluten free flour mix, flax meal, orange zest and juice, coconut oil and all the spices. Pour in the yeasty almond milk mixture, (which should be foamy by now). Using a high-powered blender, blend on medium speed until combined and the mixture has aerated. Drain the dried fruit and add to the mix, continue beating for another 2 minutes (note: in the absence of a blender you could also knead). Turn your dough into a clean bowl and cover with a tea towel, placing in a warm place (i.e. not your fridge!) for approximately 1 hour, allowing the yeast to rise in the mixture.
- Preheat your oven to 355 degrees F (180 degrees C). Line a 20cm x 30cm baking tray with baking paper. Using your hands roll dough into balls and place side by side in the baking tray so that they are just touching. Brush the top of the balls with a little extra almond milk. Place the tray into the oven and bake for 20 minutes or until the tops are slightly golden. Remove from oven and allow to cool completely before applying the icing crosses.
- While the buns are cooking you can prepare the icing. Place the cashews, yoghurt, lemon juice and rice malt syrup in a blender or electric mixer and combine until smooth yet still thick enough not to be runny. Using a piping bag (or a snap log bag with a small hole cut in the corner), pipe lines/crosses across the buns.
- These buns freeze beautifully

CREDIT: Amy Crawford foodmatters.com