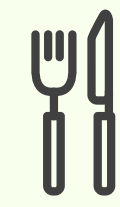




Clean Eating

PALEO HOT CROSS BUNS



12 servings



35 minutes

INGREDIENTS

- 1 1/2 cup almond meal.
- 1 1/2 cup arrowroot flour.
- 1 teaspoon bi-carbonate soda.
- 1 teaspoon baking powder.
- 2 teaspoons ground cinnamon.
- 1 teaspoon mixed spice.
- 1/2 teaspoon ground nutmeg.
- 1/2 teaspoon ground ginger.
- 1/4 teaspoon ground cloves.
- 2 eggs, lightly beaten.
- 150 g grass-fed butter or 1/4 cup coconut oil, melted.
- 2 tablespoons rice malt syrup.
- 1 teaspoon finely grated orange zest.
- 50 g 85% dark chocolate, chopped.

Crosses

- 1 egg white.
- 1/4 cup desiccated coconut.

it's about the

Experience

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DIRECTIONS

- Preheat oven to 180°C / 350°F. Lightly grease a 12-hole muffin tray.
- Mix almond meal, flour, bicarbonate soda, baking powder and spices together in a bowl.
- In a separate bowl combine eggs, butter, syrup and orange zest. Add wet mixture to dry and combine well. Fold through chocolate pieces.
- Pour mixture into prepared tray.
- To make crosses, whisk egg whites and desiccated coconut. Drizzle over unbaked buns in a cross shape with two spoons or using a piping bag.
- Bake for 20–25 minutes, or until lightly golden and a skewer inserted into the centre comes out clean.
- Best served toasted under the grill with butter.

NOTES

Can you cut down on the sweetness? Absolutely! We've made these without any sweetener at all and they're still super-delicious.

CREDIT: iQuit Sugar recipes.28bysamwood.com