

HOT CROSS BUNS

This delicious Easter treat is lower in fat and calories than the shop bought varieties.

Makes 16 buns

Per bun: 131 calories, 2.6% fat

Prep time 30 mins

Proving time 30 mins + 20 mins

Bake time 20 mins



METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6. Place the flour, spice, spread and fruit into a large bowl. Rub the mixture together between your fingers until the ingredients are fully combined, making a well in the centre.
2. Dissolve the yeast in 150ml of the water making sure the water is at body temperature, as it will kill the yeast if it is too hot. Add the sugar and pour into the centre of the flour. Gradually add the remaining water mixing the ingredients to a soft dough. You may not need all the water, but if the dough is too wet add a little more flour.
3. Knead the dough for 5 minutes then cover with a damp cloth and allow to rise for 30 minutes. Knead the dough again and divide into 4 pieces using a knife. Divide each quarter into 4 and roll into small balls.
4. Place on a baking tray and leave to prove for 20 minutes until double in size. Mix together the cross mixture to a smooth batter and place in a piping bag. Pipe a cross on the top of each bun and bake in a preheated oven for 20 minutes until golden brown. When cooked mix together the glaze ingredients and brush over. Serve warm.

INGREDIENTS

For the buns:

400g strong white bread flour

1 tsp mixed spice

50g extra light spread

40g mixed dried fruit

2 tsps dried yeast

200ml warm water

1 tsp caster sugar

For the cross dough:

3 tsps plain flour

2 tsps caster sugar

5-6 tsps cold water

For the glaze:

2 tsps caster sugar

2 tsps boiling water