



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## PALEO HOT CROSS BUNS

<http://themerrymakersisters.com/paleo-hot-cross-buns/>

PREP TIME: 30 MIN, COOK TIME: 30 MIN, TOTAL TIME: 1 HR; SERVES 12

\* Please refer to the above website blog for extra tips in creating this yummy Easter recipe!  
~Laura McKay, B.S. Health Educator

### STUFF YOU NEED:

2 cups almond meal  
1/2 cup coconut flour  
1/4 cup 100% maple syrup or honey  
6 eggs  
250 grams (9 oz. or 18 Tbsp.) grass fed butter melted (or ghee or coconut oil)  
2 apples peeled and grated (we used granny smiths)  
3/4 cup of unsweetened sultanas (or raisins, be sure to check for nasties!).  
2 tsp. nutmeg  
3 tsp. cinnamon

### FOR THE CROSSES:

1 tbs. coconut flour  
1 tbs. tapioca flour  
water



### Directions:

1. Preheat your oven to 180°C (350°F).
2. Line 12 muffin tins with large muffin cases.
3. In a large bowl, mix the almond meal, coconut flour, nutmeg and cinnamon in a bowl.
4. Add the maple syrup, butter and eggs and mix well.
5. Now add the apple and sultanas. Mix again until it forms a dough.
6. Once the mixture is all combined, roll in to 12 even balls.
7. Place them in to the muffin cases and press down a little.

### FOR THE CROSSES:

1. Place the flours in a small bowl.
2. Gradually add drops of water while stirring, until a thick white paste forms. Use a fork to make sure there are no lumps.
3. Put the paste into a piping bag, and pipe a cross on to the top of each bun.
4. Now place the buns into the preheated oven for 30 minutes.
5. Serve without the muffin cases (so they look more bun-like), warmed and with more butter. Yum.

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