

# Date Hot Cross Buns – *Gluten & Dairy Free*

## THE BUNS

- 500g gluten free plain flour (plus a little extra for the piping)
- 75g coconut sugar OR  $\frac{3}{4}$  cup of Brown Rice Malt Syrup
- 2 eggs, beaten (or can use egg replacers)
- 6g Dry yeast (1 sachet)
- 3g xanthan gum (you can find this in the health isle at your supermarket)
- $\frac{1}{2}$ -  $\frac{3}{4}$  cup chopped Medjool Dates (can use dried ones but Medjool make nicer buns)
- 1 tsp Himalayan sea salt
- 1 cup of milk of your choice (Almond, Coconut, Oat, Soy or Rice milk)
- 2 tablespoons coconut oil (Melted) OR Ghee OR Butter (if you can handle it)
- 1 tsp cinnamon
- 1 tsp all spice

## THE CROSS (optional but without it the buns would just be HOT)

- $\frac{1}{4}$  cup of Gluten Free flour
- 1 teaspoon olive oil
- pinch salt
- Water
- Piping bag or any plastic bag

## THE GLAZE

- 2-3 tablespoons of Coconut sugar OR Rice Malt Syrup OR honey
- OPTIONAL: can use 1 tbs Black Strap Molasses if you like Smokey Chicory
- 2-3 tablespoons of water

## THE METHOD

- Sieve the flour into a large bowl and add salt, yeast and the xanthan gum. Mix well.
- In a saucepan heat the coconut oil (or whichever you use) with your Sugar (coconut sugar/Rice Malt Syrup) until they are runny and dissolved. Take off the heat
- Make a well in the flour, add the 2 beaten eggs and half the milk. Fold in with a wooden spoon until you get a sticky dough texture. Add more milk or water if needed.
- Next, stir in the warm sugar mix and mix through the chopped dates and spices.
- Flour your bench and turn the dough out on to the flour and start kneading until it is no longer super sticky. Add more flour if too sticky and water/oil if too dry. Divide the dough into 6-12 round balls (remember not to make them too huge as the mix has yet to rise!) Place on an oiled baking tray with some space between them.
- Once finished, cover the balls with cling wrap and leave in a warm place for 1-2 hours or until it has doubled in size. (You can also place the buns in the fridge overnight to rise as they will slowly rise in the cold too).
- Preheat oven to 200C and mix your Cross ingredients together. Pipe crosses onto your buns and bake the tray on the middle shelf of the oven for 25- 30 minutes until golden brown and cooked through.
- Heat your Glaze ingredients slowly on the stove until melted and sticky. Brush on the tops of the buns once they are cooked. You can eat them like this or pop them back in the oven for 5 minutes to set.