

# Vegan Hot Cross Buns

( Egg & Dairy free)

Rowville Primary School  
Kitchen Garden Recipe

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## Ingredients for Fruit Buns

500g plain flour,  
2 tablespoons of sugar,  
2 teaspoons mixed spice,  
2 teaspoons cinnamon,  
½ teaspoon nutmeg,  
21g of yeast,  
1 teaspoon salt,  
2 tablespoons Orange Flower water,  
1 tablespoon vegetable oil ( canola ),  
150g dried mixed fruit,  
300ml warm water.



## Method

Add yeast and sugar to 120ml of warm water. Stir to combine and let rest 10 minutes to froth.

Sift Flour with salt.

Add oil and orange flower water to spices and make a paste.

Stir the fruit into the flour .

Add the paste mix and yeast to the flour. Add the rest of the warm water ( 180ml) to form a smooth dough that should be soft and sticky. ( You may not need all the water measured.)

Let rest in a warm room for 1 hour or until doubled in size.

Oil a baking tray. Using floured hands, break off a piece of dough, bun size, mould as well as you can into shape ( the texture is quite sticky).

Make a cross mixture with ¼ cup of plain flour and 4 tablespoons of cold water, mix until smooth. Make your crosses on your buns. Let rest on tray for 20 minutes.

Place in hot oven 200 degrees for approximately 15 minutes, or until golden and cooked through.

Heat together ½ cup caster sugar and ½ cup water to form a glazing syrup. Brush over buns when they are ready. Enjoy.