



VEGAN EASTER HOT CROSS BUNS

from Eva Kileen, CNM Vegan
Natural Chef Director at
the College of Naturopathic
Medicine

Makes: 12

These gorgeous vegan hot cross buns are a delight for Easter (and any other time of the year). Easy to make, they can be served hot or cold with raspberry chia seed jam and coconut butter.

For the dough:

- 2 tsp dried active yeast
- 1 tbsp maple syrup
- 110ml (scant ½ cup) water, lukewarm
- 160ml (⅔ cup) oat milk, lukewarm (plus extra, for glazing)
- 80ml (⅓ cup) softened coconut oil
- ½ tsp Himalayan rock salt
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- 50ml (⅓ cup) maple syrup or brown rice malt syrup
- 1 tbsp grated orange zest
- 1 tbsp lemon zest

- 2 tsp baking powder
- 500g (generous 4 cups) spelt flour
- 40g (¼ cup) raisins
- 30g (¼ cup) dried cranberries

For the crosses:

- 5 tbsp plain flour
- Water, enough to make a thick pipe-able paste

1 In a processor or by hand, mix the yeast, maple syrup, and the lukewarm water. Let stand for five minutes.

2 When the mixture is foamy, add the oat milk, coconut oil, salt, cinnamon, nutmeg, maple syrup (or brown rice syrup), orange and lemon zest, baking powder and 120g (1 cup) of the spelt flour. Mix together with a wooden spoon.

3 Add the remaining flour and knead together by hand. If the dough is too sticky, add a little more flour.

4 Add the raisins and cranberries to the dough and knead them through until evenly dispersed.

5 Lightly oil the inside of a glass bowl. Place the dough into the bowl and cover with a damp towel. Leave it to rise for about an hour. Then, once risen, knead for a further minute.

6 Line a baking tray with greaseproof paper. Divide the dough into 12 equal pieces. Roll each piece into a ball and place on the tray. Cover the tray with a towel a leave to sit for 30 minutes.

7 Preheat the oven to 180°C/350°F/Gas 4. Make the crosses by mixing the plain flour with just enough water to create a thick paste. Remove the towel from the buns, fill a piping bag or piping syringe with the flour paste and pipe a cross on each bun.

8 Brush a little oat milk over the buns before placing in the oven to bake for 20 minutes. Once cooked, remove from the oven and cool on a rack, before serving.

Recipe from the CNM Natural Chef Kitchen at the College of Naturopathic Medicine. You can study at CNM to become a Natural Health Practitioner, a Natural Chef or a Vegan Natural Chef.
naturopathy-uk.com/naturalchef