

Hot Cross Buns



2.2:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 3 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Quantity		1 hot cross bun		
Fat	72.8g	52.8g LCT	24.2g	17.6g LCT	
		20g MCT		6.7g MCT	
Protein	19.6g		6.5g		
Carbohydrate	12.9g		4.3g		
Energy (calories)	785kcal		262kcal		



Enhancing Lives Together

Hot Cross Buns



Ingredients	Quantity	Your recipe
Butter, room temperature	20g	
Ground almonds e.g. Holland & Barrett Almond Flour Flurry	41g	
Carbohydrate free baking powder e.g. Barkat	5g	
MCTprocal[®]	32g	
Psyllium husk powder e.g. Sat-Isabgol	10g	
Sweetener e.g. Natvia	10g	
Sultanas	3g	
Ground cinnamon	5g	
Egg, beaten	52g	
Vinegar	2g	
Water, boiling	30g	
Icing for cross		
Sukrin Melis icing	50g	
Water, cold	15g	
Xanthan gum	1g	
To serve		
Butter	10g	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.
2. Add butter, almond flour, baking powder, MCTprocal, psyllium husk, sweetener, sultanas and cinnamon into a bowl, rub together with fingertips until a breadcrumb consistency.
3. Add egg and vinegar, mix well.
4. Pour in the boiling water, mix well to form a dough.
5. Divide the dough into 3 equal portions and roll into balls.
6. Place onto a non-stick baking sheet (alternatively line a baking tray with baking parchment) and gently press each dough ball to slightly flatten.
7. Using a sharp knife, cut a cross in the top of each dough ball.
8. Bake in the oven for 15 minutes.
9. Remove from the oven and place on a cooling wire tray, allow to cool before adding
10. To prepare the icing for the cross, place all ingredients into a bowl and mix to form a thick paste
11. Take a piping bag, cut 2cm from the bottom of the bag
12. Add mixture to a piping bag and pipe a cross over the buns
13. Serve with butter.

Serving
Suggestion

Always check with your dietitian what is suitable for you

- Serve with sugar free jam

MCTprocal[®] is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.