

# HOT CROSS BUNS

Makes 12 hot cross buns

- ✓ Rejuvenate Diet-1; Rejuvenate Diet-2; Revitalise Diet
- ✗ Restore Diet-1; Restore Diet-2; Restore FODMAP Diet-1; Restore FODMAP Diet-2

## INGREDIENTS

- 1 ½ cups almond meal
- 1 ½ cups arrowroot tapioca flour
- ½ cup cacao nibs
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 teaspoons cinnamon powder
- 1 teaspoon mixed spice powder
- ½ teaspoon nutmeg powder
- ½ teaspoon ginger powder
- ¼ teaspoon clove powder
- 3 eggs, lightly beaten
- 1 ¼ cups (180g) butter, softened
- ¼ cup honey
- 2 teaspoons apple cider vinegar
- ½ cup orange zest, grated

## CROSS INGREDIENTS

- ⅓ cup coconut oil, melted
- ⅓ cup coconut flour



## METHOD

1. Preheat oven to 180°C (fan forced).
2. Lightly grease a 12-hole muffin tray or line with paper cups.
3. **To make buns:** Process almond meal, arrowroot, cacao nibs, baking powder, baking soda, cinnamon, mixed spice, nutmeg, ginger, and clove in a food processor. In a separate bowl, whisk eggs, butter, honey, apple cider vinegar, and orange zest. Combine dry and wet ingredients.
4. **To make crosses:** Mix coconut oil and coconut flour in a cup until smooth. Transfer to a piping bag or cut the end off a sandwich bag to pipe crosses onto unbaked buns.
5. Bake for 22 minutes until golden, then cool for 2 minutes before transferring to a cooling rack.
6. Serve halved and toasted under the grill.
7. Store in the refrigerator for up to 1 week, or freeze for up to 3 months.