

The Vegan Vamp

RUSTIC CHOCOLATE HOT CROSS BUNS

You can see from the photos why I called these babies *rustic*. They are delicious toasted with lashings of Nuttalex!



WHAT YOU NEED:

Buns:

- 4 cups whole-wheat flour
- 2 x 7g packets of dried yeast
- ¼ cup caster sugar
- Pinch of salt
- 1 ½ tsp mixed spice

- 1 ½ cups dried currants
- 40g vegan butter
- 300ml soy milk
- 1 cup (vegan) dark chocolate chips
- 2 Tbs ground flaxseed mixed with 6 Tbs water (or other egg replacer)

Paste:

- ½ cup whole-wheat flour
- 6 Tbs water

Glaze:

- 1/3 cup of water
- 2 Tbs caster sugar

HOW YOU DO IT:

1. In a large bowl, combine flour, yeast, sugar, spice, salt and currants and set aside.
2. Heat butter and milk in a small saucepan over medium heat, once heated through, add it to your dry mixture along with your egg replacer. Using a wooden spoon, mix together the ingredients until just combined. Add in chocolate chips and use hands to fully combine the dough until soft.
3. Knead dough on a floured surface for 5-10 minutes, until it becomes smooth. Place dough in lightly oiled bowl, cover with plastic wrap and set aside to rise for 1.5 hours, until the dough has doubled in size.
4. Line a baking tray with baking paper. Once your dough has risen, punch it back down to its original size and knead again on a lightly floured surface for an extra 30 seconds until it is smooth. Form 12 even balls out of the dough place into the pre-prepared baking tray, cover with plastic wrap and set aside for a further 30 minutes to rise again. Preheat oven to 180°C.
5. Make the flour paste by combining water and flour, popping it into a Ziploc bag and cutting off a small corner, use to pipe crosses on the tops of the buns (once risen). Bake for 25 minutes, until buns are cooked through.
6. Take the buns out of the oven and make your glaze as they are cooling. Over medium heat, melt sugar and water and then let boil for 3 minutes. Brush glaze over the warm buns and serve immediately with lashings of vegan butter. If you are eating them later, toast them before serving.

NUTRITION FACTS	
Serving Size	1 bun
Servings Per Recipe	12
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat	9g 14%
Saturated Fat	5g 23%
Monounsaturated Fat	1g
Polyunsaturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	56mg 2%
Potassium	193mg 6%
Total Carbohydrates	70g 23%
Dietary Fiber	9g 36%
Sugars	29g
Protein	7g 14%
Vitamin A	13%
Vitamin C	1%
Calcium	6%
Iron	22%
<small>* The Percent Daily Values are based on a 2,000 calories diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate as the recipes here have not been professionally evaluated.</small>	