

## Cinnamon Buns

*Something for a Breakfast treat or  
with a Coff/Tea Break*

### Ingredients

350g Plain Flour, 1 tsp salt, 50g sugar

180 ml full fat milk

50g unsalted butter

1 sachet fast action yeast

Filling: 40g butter, 60g soft or dark  
brown sugar, 1 tablespoon ground  
cinnamon

Topping: 100 - 150g Icing sugar sieved  
4 - 6 tsp cold water, or make a

Cream cheese icing - 100g cream  
cheese softened, 25 g softened butter,  
80g icing sugar sieved, creamed  
together

Oven Gas 5 Elec 190/160 °C

### Method

1. Warm the milk in a microwave or small pan to blood heat (warm to the touch) Add  $\frac{1}{2}$  tsp sugar to the milk and the sachet of yeast. Mix in the sachet of yeast and leave 15 mins until it froths up.
2. Melt the butter in a pan or microwave and add to the yeast mixture.
3. Mix the sugar and salt in the flour.
4. Add the butter and yeast liquid to the flour and mix to a dough.
5. Knead until smooth and stretches (about 5 mins)
6. Leave in the bowl covered up in a warm place for 1 - 2 hrs until risen.
7. Re Knead for a few minutes and roll out onto a floured board.
8. Spread the filling and roll up like a Swiss Roll. Cut thick slices about 2 cms thick
9. Place in a greased tin and leave to prove until well risen.
10. Bake for 10 - 15 mins. Leave to cool
11. Sieve the icing sugar and add 1 tsp water for every 25 g icing sugar used.
12. Drizzle over the buns and leave to set.