



Healthy Hot Cross Buns

Adapted for seniors

These healthier hot cross buns provide whole grains, fibre, and reduced sugar, making them a more nutritious option for seniors.

Always consider individual dietary restrictions and preferences when preparing recipes for specific groups.

INGREDIENTS FOR THE BUNS

- **3 cups** whole wheat flour
- **1 cup** oats (old-fashioned or quick oats)
- **1/4 cup** ground flaxseed
- **1/4 cup** coconut sugar or sweetener of choice
- **1 tablespoon** active dry yeast
- **1 teaspoon** ground cinnamon
- **1/2 teaspoon** ground nutmeg
- **1/2 teaspoon** salt
- **1 1/2 cups** warm low-fat milk or plant-based milk
- **2 tablespoons** coconut oil, melted
- **1 large egg** or egg substitute (for egg wash)
- Zest of **1 orange** (optional)
- **1/2 cup** raisins or currants

INGREDIENTS FOR THE CROSS

- **1/4 cup** whole wheat flour
- **4-5 tablespoons** water

INGREDIENTS FOR THE GLAZE

- **2 tablespoons** apricot jam
(or other fruit preserves)
- **1 tablespoon** hot water

DIRECTIONS

1. Prepare the Dough:

In a large bowl, combine the whole wheat flour, oats, ground flaxseed, coconut sugar, yeast, cinnamon, nutmeg, and salt.

2. Make the Dough:

Add the warm milk, melted coconut oil, and beaten egg to the dry ingredients. Mix well until a soft dough forms. If using, add orange zest and raisins or currants.

3. Knead the Dough:

Turn the dough onto a floured surface and knead for about 8-10 minutes or until it becomes smooth and elastic.

4. First Rise:

Place the dough in a lightly greased bowl, cover it with a damp cloth. Let it rise in a warm place for about 1-2 hours or until doubled in size.

5. Shape the Buns:

Punch down the dough and divide it into 12 equal portions. Shape each portion into a bun and place them on a baking tray lined with parchment paper.

DIRECTIONS CONTINUED

6. Second Rise:

Cover the buns with a damp cloth and let them rise for another 30-45 minutes.

7. Preheat the Oven:

Preheat your oven to 190°C.

8. Prepare the Cross Mixture:

In a small bowl, mix the whole wheat flour with enough water to create a thick paste. Transfer the paste to a piping bag or a plastic sandwich bag with the corner snipped off. Pipe a cross onto each bun.

9. Bake:

Bake the buns in the preheated oven for 15-20 minutes or until they are golden brown and sound hollow when tapped on the bottom.

10. Prepare the Glaze:

While the buns are baking, prepare the glaze by heating the apricot jam and hot water in a small saucepan. Strain to remove any fruit pieces.

11. Glaze the Buns:

Once the buns are out of the oven, brush them with the warm apricot glaze for a shiny finish. Allow the buns to cool before serving.

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