

ALMOND FLOUR CINNAMON BUNS

INGREDIENTS

FOR THE ROLLS

3 cups Almond Flour
1/2 tsp Salt
1/4 tsp Bicarbonate of Soda
1/4 cup Coconut Oil
2 Tbsp Honey
2 Large Eggs

FOR THE FILLING

1/4 cup Honey
1/2 cup Pecan/Walnuts
1-2 Tbsp Ground Cinnamon

FOR THE ICING

6 cups Desiccated Coconut

METHOD

Preheat the oven to 180C

Make sure the eggs are at room temperature or they will cause the coconut oil to harden.

FOR THE ROLLS: In a large bowl, combine the almond flour, salt and bicarbonate of soda. In a separate bowl, gently beat together the melted coconut oil, honey and eggs. Add the egg mixture to the almond flour mixture and mix until it comes together and a smooth dough is formed. Scoop up into a ball let rest in the fridge for 10 min. This will make it easier to work with. Lightly grease the outside of the ball of dough. Using a rolling pin roll the dough out between two sheets of baking paper into a rectangular shape, roughly the size of an A4 sheet of paper and between 3 to 6mm thick. Take your time and get a good uniform rectangle.

FOR THE FILLING: Drizzle the 1/4 cup of honey evenly over the dough, then carefully spread it around to cover the whole surface. Use your fingers to do this you are less likely to tear the dough this way. Sprinkle the ground pecans/walnuts and cinnamon (or whatever you like to add) over the surface of the dough. Try to keep the filling additions finely chopped so that they do not tear through the dough when you start rolling.

Now you are ready to roll it up! Turn the dough so that the short end is facing you. Starting at that end, begin to roll the edge of the dough away from you. Try to start a tight roll from the beginning. Continue rolling until you have a nice uniform log. Again, take your time and get a uniform, tight roll. If the roll cracks use the warmth of your hand to press it together and make it smooth again. Use the baking paper to help you roll as needed.

Cut right away or chill if needed, for smoother cutting. With a good bread knife, cut the roll into about 9 or 10 thick slices. A good measure is the width of two to three fingers (depending on how thick the roll is). Shape them a bit if needed.

Lay the rolls cut side down onto a baking paper lined baking tray. They can be placed apart or connected.

Bake for 10 to 15 minutes. It is recommended that you stay close to the stove and keep checking towards the end of the baking time. They should be golden with some browning. The dough toward the centre of the roll should be soft but not too doughy and not hard.

When ready, remove them from the oven and let them cool for about 10 minutes. If you try to move them before then, they are likely to fall apart.

FOR THE ICING: Place the desiccated coconut in a food processor, using the blender blades. Blend on high for 10 minutes and it should release its oils and blend into a smooth liquid, which is coconut butter. It will retain a slight graininess. Warm up the butter for a few seconds in the microwave and drizzle the soft liquid over the buns. Allow to cool. An easier alternative is to simply drizzle slightly warmed honey over them.

