

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Hot Cross Buns

Adapted from Rosie's Easter Basket

Makes 30 buns

2 packages active dry yeast (1/4 ounce each)

1/2 cup warm water

1 cup warm milk

1/2 cup agave nectar (This is a low glycemic-index sweetener that you can find at Dierbergs. If you can't find it, you can use sugar.)

1/4 cup butter

1 teaspoon vanilla

1 teaspoon salt

1/2 teaspoon ground nutmeg

6 1/2 – 7 cups flour (You can either use a 50/50 mix of whole-wheat flour and all-purpose flour, or a mix of spelt flour and all-purpose flour, or use all spelt flour).

4 eggs

1 cup dried currants

2 tablespoons water

1 egg yolk

1 cup confectioner's sugar

4 teaspoons milk or cream

Dash salt

1/4 teaspoon vanilla

1. In a large mixing bowl, dissolve the yeast in the warm water. Add the warm milk, agave nectar, butter, vanilla, salt, nutmeg, and 2 cups of the flour. Beat until smooth. Add the eggs, one at a time, beating the mixture well after each addition. Stir in the currants and enough flour to make a soft dough.
2. Turn out onto a floured surface and knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl and turn over to grease the top. Cover with a damp towel or plastic wrap and let rise in a warm place until doubled in size (about 1 hour).
3. Punch the dough down and shape into 30 balls. Place on lightly greased baking sheets. Cover and let rise until doubled (about 30 minutes). Using a sharp knife, cut a cross (or x) on the top of each roll. Beat the water and egg yolk together and brush over the rolls. (You will probably have more than you need, discard the unused egg glaze.) Bake at 375° F for 12 to 15 minutes.
4. Meanwhile, make icing by combining the last four ingredients. Stir until smooth, adjusting sugar and milk to make a mixture that flows easily.
5. When rolls are baked, cool on wire racks. Drizzle icing over the top of each roll following the lines of the cut cross.

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