



**GOOEY CINNAMON
BUNS**

GOOEY CINNAMON BUNS



YIELD
12



TIME
3 hrs



NF



SF

INGREDIENTS

1 cup (250 mL) unsweetened
plant-based milk
1 Tbsp (7 g) quick yeast

3 cups (375 g) all-purpose flour
¼ cup (50 g) raw sugar
2 tsp (8 g) baking powder
1 tsp (4 g) salt

¼ cup (60 ml) coconut oil, melted

¼ cup (60 mL) unsweetened plant-
based milk
1 Tbsp (15 mL) maple syrup

Filling

1 cup (220 g) brown sugar, packed
½ cup (65 g) chopped pecans
(optional)
2 tsp (8 g) ground cinnamon

¼ cup (60 mL) coconut oil, melted

Optional Icing Topping

1 cup (120 g) powdered
confectioners icing sugar
3 Tbsp (45 mL) vegan margarine
1 Tbsp (15 mL) unsweetened
plant-based milk
1 tsp (5 mL) clear vanilla extract
(can substitute with regular pure
vanilla extract)

DIRECTIONS

1. Heat 1 cup (250 mL) plant milk in sauce pan until just steaming. Do not boil - you are aiming for a “warm bath” temperature. Too hot and you will kill your yeast. If it’s too hot, simply let it cool. Remove the milk from the heat and sprinkle the yeast over the milk, swirl to combine and let sit for 5 minutes.
2. While yeast mixture is resting, combine the flour, sugar, baking powder, and salt.
3. When yeast mixture is foamy, add to the flour mixture along with the melted coconut oil and combine until a smooth dough is formed. Cover and let rest for 1 hour.
4. While dough is resting, combine the brown sugar, pecans, and cinnamon in a small bowl. Set aside.
5. Place dough onto a floured surface and dust with a bit more flour. Use a rolling pin to roll into a ½ cm thick rectangle.
6. Use a small bit of the melted coconut oil to oil the inside of your baking dish, then spread the rest across the rolled out dough (it looks like a lot, but that’s okay!). Top with the brown sugar and pecan mixture.
7. Gently roll up and cut into 12 buns, about 1½ inches (3 cm) thick. Place each bun into the baking dish, then cover with a cloth and let rest for another hour.
8. While buns are resting, mix together the remaining ¼ cup (60 mL) plant milk and maple syrup. Set aside.
9. Bake at 350°F (180°C) for 10 minutes, then pour in the milk and syrup mixture over the buns and bake until tops of the buns are golden, about 20 - 25 minutes.
10. While buns are baking, whisk together the icing ingredients.

NOTES

- **Storage:** keep in an air-tight container for up to 3 days.
- **Variations:** substitute the pecans for cranberries, pumpkin seeds, other nuts or chocolate chips. Add in other spices like cardamon or ginger. You can also infuse the milk with cinnamon sticks, ginger, cardamon pods or chai tea bags.