

## Macadamia and prune hot cross buns

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For an alternative to your store bought hot cross buns, these macadamia and prune hot cross buns will be a treat this Easter.

### Ingredients (makes 12)

- 1 tablespoon yeast powder
- 1 teaspoon caster sugar
- pinch salt
- 3/4 cup warm water
- 1/2 cup skim milk
- 45g canola salt reduced margarine, melted
- 1 egg, lightly beaten
- 3 1/2 cups wholemeal plain flour
- 120g chopped prunes
- 120g chopped macadamias
- 1/4 cup caster sugar
- 1 1/2 teaspoons mixed spice
- 1/3 cup plain flour, extra
- 1/3 cup water, extra
- 2 teaspoons sugar

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### Method

Whisk the yeast, sugar, salt and water in a bowl then set aside for 5 minutes or until foamy. Whisk in the milk, butter and egg. Stir mixture into flour, add prunes, macadamias, sugar and mixed spice. Knead for 10 minutes. Place in a large bowl in a warm area for one hour or until doubled. Punch down dough, knead for a couple of minutes then roll into 12 balls. Place balls on a 16cm x 26cm baking tray so they are just touching. Cover in warm place again for ½ hour.

Preheat oven to 190C. Mix together the extra flour and half the extra water. Pipe crosses onto the buns.

Bake buns for 30 minutes.

Whilst the buns are baking, simmer the sugar and remaining water in a small saucepan until sugar has dissolved. Remove buns from oven and brush with sugar syrup immediately.

Recipe via [Nuts for Life](#).

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