

Soft Gluten Free CINNAMON SCROLLS

(vegan, low fodmap & grain free)



Your 'handling' time: 15 minutes



Cook Time: 35-45mins



Serving: 8-10 scrolls

Ingredients

Dough:

250g water, room temperature

325g plant based or dairy full cream milk of your choice

1 packet active dry yeast

500g Gluten Free Bread Mix

1.5tbs apple cider vinegar

50g raw sugar or coconut sugar*

Cinnamon, Brown Sugar & Butter Mixture

125g your favourite butter (vegan or dairy)

125g soft brown sugar or coconut sugar

1tbs cinnamon powder



Cooking Method

- In a large bowl, combine all dough ingredients
- Mix well by hand or in your favourite electric mixer until thoroughly combined (5mins), scrape down the sides regularly.
- CHILL dough in a covered container in fridge for 1-2 hours or overnight
- Dust a silicon mat or baking paper w fine white rice flour and unload the chilled dough on the mat/baking paper
- Cover the dough with another piece of baking paper and using a rolling pin roll the dough into a rectangle of 1cm or half an inch thickness
- Mist the dough with water
- Spread the cinnamon brown sugar & butter mixture evenly
- Using your silicon mat or baking paper as a guide, roll the dough tightly into a 'swiss roll'
- Wrap the dough with baking paper and carefully transfer your dough to the freezer for half an hour to firm up
- Using a serrated knife, slice the roll into 2-2.5cm thick scrolls
- Load the scrolls, touching each other, on to a roasting or lamington pan
- Mist with water generously and rise for 30mins
- Bake in your pre-heated fan forced 210C oven for 15mins
- Reduce heat to 165C and bake for a further 25+30mins or UNTIL inner temperature reaches 100C
- Brush buns with melted butter or drizzle runny vanilla icing generously
- Eat while warm ...
- Scrolls freeze and thaw well, mist with water and reheat for 10-15min in 180C preheated oven for optimum flavour

Soft Sourdough Gluten Free CINNAMON SCROLLS

(vegan, low fodmap & grain free)



Your 'handling' time: 15 minutes



Cook Time: 35-45mins



Serving: 10-12scrolls

Ingredients

Dough:

250g *water, room temperature*

325g *plant based or dairy full cream milk of your choice*

250g *gluten free sourdough starter (1flour:1 water) active*

500g *Gluten Free Bread Mix*

1.5tbs *apple cider vinegar*

50g *raw sugar or coconut sugar**

Cinnamon, Brown Sugar & Butter Mixture

125g *your favourite butter (vegan or dairy)*

125g *soft brown sugar or coconut sugar*

1tbs *cinnamon powder*



Cooking Method

- In a large bowl, combine all dough ingredients
- Mix well by hand or in your favourite electric mixer until thoroughly combined (5mins), scrape down the sides regularly.
- CHILL dough in a covered container in fridge for 4 hours or overnight
- Dust a silicon mat or baking paper w fine white rice flour and unload the chilled dough on the mat/baking paper
- Cover the dough with another piece of baking paper and using a rolling pin roll the dough into a rectangle of 1cm or half an inch thickness
- Mist the dough with water
- Spread the cinnamon brown sugar & butter mixture evenly
- Using your silicon mat or baking paper as a guide, roll the dough tightly into a 'swiss roll'
- Wrap the dough with baking paper and carefully transfer your dough to the freezer for half an hour to firm up
- Using a serrated knife, slice the roll into 2-2.5cm thick scrolls
- Load the scrolls, touching each other, on to a roasting or lamington pan
- Mist with water generously and rise for 1 hour
- Bake in your pre-heated fan forced 210C oven for 15mins
- Reduce heat to 165C and bake for a further 25-30mins or UNTIL inner temperature reaches 100C
- Brush buns with melted butter or drizzle runny vanilla icing generously
- Eat while warm ...
- Scrolls freeze and thaw well, mist with water and reheat for 10-15min in 180C preheated oven for optimum flavour