



## PALEO CHOC-CHIP HOT CROSS BUNS

Just because your Paleo, or gluten free, or just watching what you eat, you can still eat Hot Cross Buns! With this recipe you'll no longer have to drool over processed, store bought hot-cross buns that seem to follow you around the supermarket come Easter time! Whip this easy batch up, satisfy your hot-cross bun cravings and have a Happy Easter!

### DIRECTIONS

1. Preheat oven to 160°C/320°F and line your muffin tray with patty cases.
2. In a large bowl, whisk together the almond meal, arrowroot, baking powder and spices. Then whisk through the dried fruit.
3. In a medium bowl, whisk together the eggs, melted butter or oil and sweetener.
4. Pour the wet ingredients into the dry ingredients and whisk until fully combines.
5. Stir through 100g of chocolate (you may wish to chop the chocolate into smaller pieces prior, depends how chunky you like your choc chunks!)
6. Spoon mixture into patty cases. Fill approximately 3/4 full.
7. Bake in the oven for approximately 25 minutes. Buns are cooked when a skewer inserted into the middle comes out clean. Buns should feel firm to the touch when lightly pressed in the centre.
8. In a small bowl mix together the glaze ingredients and microwave for 20 seconds.
9. While buns are still warm, brush on the glaze. Then let buns cool completely.
10. Melt extra chocolate in the microwave (do this in thirty second bursts, stirring inbetween each burst, you don't want to burn your chocolate)
11. Pour chocolate into a piping bag and pipe on your chocolate cross of deliciousness!

## WHAT YOU WILL NEED

Muffin trays (1/2 cup capacity)  
Mixture makes about 10-12 hot cross buns

Patty cases

- 1 1/2 cups (160g) almond meal
- 1 1/2 cups (200g) arrowroot flour
- 2 tsp baking powder
- 3 tsp mixed spice
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 cup sultanas or raisins
- 3 eggs
- 1/2 cup melted butter or olive oil
- 1/4-1/3 cup honey, maple or rice malt syrup (approx 190-120g) depending on how sweet you like things
- 130g Rumbles Choc Rocks or alternate high quality dark chocolate

### GLAZE

- 1 TAB honey
- 1 TAB water
- 1/2 tsp mixed spice