



Summer Buns

Ingredients:

Berries
Icing sugar
Lemon juice
Nuts

Dough:

310g Spelt flour
160g Whole grain selt flour
60g Brown sugar
1/4tsp Salt
155g Soymilk
80g Margarine
20g Yeast
155g Apple puree

Filling:

100g Margarine
230g Brown sugar
3tsp Cinnamon
4tsp Vanilla

Instructions:

1. Put the flour, sugar and salt into a big bowl and mix them.
2. Put the soy milk, margarine and apple puree in a pan and slightly warm it up (Stir constantly). Try to reach body temperature, add the yeast and don't stop to stir. Attention: When the temperature is over 40°C, the yeast bacteria will die and the buns won't rise, so in this case, let it cool down before you add the yeast.
3. Knead the flour mixture and the soy milk mixture together (knead 3 minutes).
4. Cover it with a kitchen towel and let it rest in the sun (or any other warm place) for about an hour.
5. Continuing with the filling, melt the margarine and mix it with the sugar, cinnamon and vanilla.
6. Preheat the oven (180°C)
Cover your worktop with flour and roll the dough into a square shape.
8. Brush the dough with the filling (you can also fill it with some berries if you want to).
9. Roll the dough up into a long starting at the long side. Then cut into 12 slices. Place the rolls cut side down on a with a baking sheet covered baking tray.
10. Bake rolls in preheated oven until golden.
11. Mix about 1/2 cup icing sugar with a little bit lemon juice and pour it over the buns (it works best if you let them cool down first).
12. Top the buns off with some berries and nuts.

