



Prep	Cook	Ready in	Servings
10 min	30 min	40 min	12

## Paleo Hot Cross Buns

### Ingredients

2 cup	Almond flour/meal, Bob's Red Mill
2 medium	Apple (peeled, grated)
3 tsp	Cinnamon
1 tbsp	Coconut flour (for the crosses)
1 cup	Coconut flour
1/2 lb	Coconut oil (or ghee, or butter)
6 medium egg	Egg
1/4 cup	Maple syrup (or honey)
2 tsp	Nutmeg, ground
3/4 cup	Raisins, seedless (sultana)
1 tbsp	Tapioca starch (for the crosses)
1/2 cup	Water (as needed)

### Instructions

Preheat your oven to 180°C (350°F).

Line 12 muffin tins with large muffin cases.

In a large bowl, mix the almond meal, coconut flour, nutmeg and cinnamon in a bowl.

Add the maple syrup, butter and eggs and mix well.

Then add the apple and raisins. Mix again until it forms a dough.

Once the mixture is all combined, roll in to 12 even balls. Place them in to the muffin cases and press down a little.

To make the crosses, place the flours in a small bowl. Gradually add drops of water while stirring, until a thick white paste forms. Use a fork to make sure there are no lumps. Put the paste into a piping bag, and pipe a cross on to the top of each bun.

Place the buns into oven for 30 minutes.

Serve without the muffin cases (so they look more bun-like), warmed and with butter.

Enjoy!

Recipe from: The Merry Maker Sisters