



PREP: 30 min +
rising
COOK: 25 min
SERVES: 8

Maple Cinnamon Buns

Sticky, gooey, cinnamon and maple-scented buns! These maple cinnamon buns are such a treat after school, or even for a special occasion breakfast.

Ingredients

Dough

3 cups (450g) plain flour
1/4 cup (55g) caster sugar
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 cup (250ml) buttermilk (or 210ml milk + 2 tbsp lemon juice)
2 tsp Queen Vanilla Bean Paste
1/3 cup (80ml/110g) Queen Pure Maple Syrup
40g unsalted butter, melted

Filling

Method - Dough & Filling

STEP 1

In a medium bowl (or in the bowl of an electric mixer that has a dough hook), mix together the flour, sugar, baking powder, baking soda, and salt then add the buttermilk, Vanilla Bean Paste, maple syrup and butter and mix until just combined.

STEP 2

Flour the bench and tip out the dough then knead it until smooth (it will still be sticky). Alternatively, knead it using the dough hook attachment on the mixer. Place the dough in a floured bowl, cover it with plastic wrap and refrigerate for 20 minutes.

STEP 3

Meanwhile, pre-heat the oven to 220C fan-forced, brush a 20cm round tin with butter and make up the filling. In a small bowl, mix all the dry ingredients together then use a fork to stir in 1 tablespoon of the melted butter until the mixture resembles wet sand.

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Ingredients

20g unsalted butter, melted, to grease
3/4 cup (165g) brown sugar, packed
1/4 cup (55g) caster sugar
3/4 cup (90g) chopped walnuts
A pinch of salt
3 tsp ground cinnamon
60g unsalted butter, melted

Icing

20g unsalted butter, melted
1/4 cup (60ml/80g) Queen Pure
Maple Syrup
1 cup (150g) icing sugar

Method - Dough & Filling

STEP 4

When the dough is chilled, press it out on a floured surface to a 25x20cm rectangle. Use your fingers to spread the rest of the melted butter over the top leaving a 2cm border around the edges. Spread the filling over the dough leaving a border again like with the butter.

STEP 5

Starting from the long side, roll the dough tightly, pressing as you go to make a log. Slice it up into 8 pieces and arrange in the tin then bake for 23 minutes or until golden.

Method - Icing

STEP 1

Make the icing by combining the butter, icing sugar and maple syrup and adding a little water at a time until the mixture is drizzle consistency. Drizzle the top of the warm buns with the icing. Serve warm or re-heated.

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