

Sourdough Cinnamon Buns



Cinnamon buns are one of those treats that takes me right back to my childhood. The ever so amazing combination of sugar, butter, cinnamon and light fluffy dough – what could be better?!

ALOT!

I set out to create a recipe that was dare I say “almost” healthy so that my kids could also enjoy this treat and I didn’t have to spend the next 24 hours peeling them off the ceiling from the sugar high.

Now – before we go any further I have a confession...I am NOT a baker and this is the very first time I have made cinnamon buns. They turned out AMAZING! Even with me completely butchering and combining about 5 recipes I found online. So if you are a newbie – feel confident that you also can create this masterpiece!

Ingredients:

Dough

- 1 cup sourdough starter
- 1/4 warm water
- 1 tsp salt
- 1/3 cup butter or coconut oil
- 2 eggs
- 1 cup sprouted whole wheat flour
- 1-2 cups red fife flour (low in gluten)

Filling

- 1/2 cup butter (softened)
- 1 tbsp cinnamon
- 1/3 cup palm sugar
- 1 tbsp brown sugar
- 1 tbsp cane sugar (optional)

Directions:

Measure the sourdough starter into a large mixing bowl. Add the warm water, salt, melted butter or coconut oil, and eggs. Mix well.

Gradually add the flour until the dough forms a ball and is soft, not sticky.

Turn out onto lightly floured surface and knead until smooth and elastic, place the dough into a lightly oiled (coconut oil) bowl, turning to coat. Allow to rise until double. The length of rise will depend upon how active your starter is. I let mine raise about 7 hours.

Punch dough down and roll out on a lightly floured surface into approx 18 x 20 inch rectangle.

Prepare the filling. Mix all the ingredients in a small bowl. Spread the dough with the filling.

Starting on the long side, gently roll the dough into a log. Using a piece of string, slide it under the roll, wrap around and cross the strings cutting off approx 1 inch pieces.

Place in oiled 9x13" baking dish and let sit covered with towel for approx 1 hour.

Preheat the oven to 350 degrees and bake for 30 minutes.

Remove from oven and ENJOY!