

# Hot Cross Buns



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Preparation time: 1 hour 15 minutes

Cooking time: 30 minutes

Makes: 3 Hot Cross Buns

## Ingredients

125ml (1 bottle) Renastep  
250 g Plain flour, plus extra for dusting  
25g Brown sugar  
1 tsp Cinnamon  
1 tsp Mixed spice  
4g Fast-acting yeast

55g Unsalted butter  
(at room temperature)  
25g Beaten egg  
40g Dried, sweetened cranberries  
Zest of half an orange

**Icing for the  
cross decoration:**  
10g Apricot jam  
6ml Cold water  
75g Icing sugar

## Method

1. Preheat the oven to 190°C / 170°C Fan / Gas Mark 5.
2. In a large mixing bowl, add the flour, brown sugar, cinnamon, mixed spice, 30g of butter and yeast. Rub with your fingertips until a sandy texture is formed.
3. Mix the orange zest and cranberries into the flour mixture.
4. Warm the Renastep and remaining butter in a small saucepan (do not boil).
5. Pour the Renastep into the flour mixture, add the eggs and combine until the mixture forms a soft, sticky dough.
6. Tip the dough out onto a lightly floured work surface and knead well for 5 minutes, or until the dough is smooth and elastic. Alternatively, this can be done in a freestanding mixer using a dough hook.
7. Place the dough in a bowl, cover with a damp tea towel and leave to rise for about 1 hour. This is best done in a warm room.
8. Divide the dough into 3 equal amounts and roll with your hands into a bun type shape.
9. Cover loosely with a clean tea towel and let the dough rise for 15 minutes.
10. Once the buns have risen, put them in the oven and bake for 20-25 minutes or until golden-brown.
11. Remove the buns from the oven and let them cool slightly before transferring them to a cooling rack.
12. Meanwhile, warm the apricot jam for a few seconds in the microwave and then, using a pastry brush, brush the top of the hot cross buns with the warm jam.
13. Mix the icing sugar and water, then transfer to a disposable piping bag and snip off a tiny snip at the end. Pipe a cross shape on top of the bun.

## Nutritional Information

Nutrient		per portion (1 bun + icing)
Calories	kcal	711
Protein	g	11.1
Sodium	mg/mmol	58 / 2.5
Potassium	mg/mmol	203 / 5.0
Phosphorus	mg/mmol	132 / 4.2
Calcium	mg/mmol	124 / 3.1

Always check with your dietitian that this recipe is suitable for you.

## Dietitians comments:

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Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**.

This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrizen dietary analysis software. Refer to labels for allergen and other product information.



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