

Cinnamon Buns

By Brienna Young, PKU Mom



Ingredients:

- 3 cups CF MixQuick
- $\frac{1}{4}$ cup (30 grams) cake flour
- 10 grams Yeast (active dry)
- $\frac{1}{4}$ cup Metamucil
- 2 tbl sugar
- 1 tsp salt
- 1 medium egg (43 grams)
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{2}$ cup wheat starch (for kneading)
- 1 $\frac{1}{2}$ cup Rice dream
- 1 $\frac{1}{2}$ teaspoons cinnamon
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup butter (cut into segments)

Icing:

- 2 cups Confectioners Sugar
- $\frac{1}{4}$ cup water (add more by tablespoons until desired consistency - do not make too runny)

Mix:

- MixQuick, cake flour, yeast, Metamucil, sugar and salt together.
- Add rice dream and oil. Stir until well blended.
- Add small amounts of wheat starch if dough is still a bit sticky.
- Sprinkle wheat starch onto counter and knead dough until nicely formed.
- Roll out dough into rectangular shape; roll dough until approx $\frac{3}{4}$ inch thick
- Combine cinnamon, brown sugar, and butter. Sprinkle mixture onto the dough, leaving $\frac{1}{2}$ inch border.
- Roll up, then Cut 1-2 inch pieces and place in buttered baking dish (glass or corningware etc)
- Put in warm oven for 1-2 hours
- Bake at 350 degrees F for 20-25 mins
- Take Cinnamon buns out of the oven and let cool on a cooling rack. Drizzle Icing over buns

This recipe yields 40 exchanges (600 mg phe) and makes 16-20 cinnamon buns (2.0 - 2.5 exchanges each)

