

HOT CROSS BUN MUFFINS



Hot Cross Bun Muffins

These are a super delicious alternative to the usual hot cross buns. But they're not hot cross buns! If you absolutely love the taste of a hot cross bun as traditionally made and are able to eat them then I'd recommend you make the real deal or go out and treat yourself to some well-made bought ones. If on the other hand you're looking for something quick, easy and delicious that's a bit different (especially if like me you never liked the taste of the original buns) then try these out!!

They taste best when heated with a good serving of butter (but if you're dairy free they will be fine without). They are refined sugar free but they do have plenty of sugar in form of apple, maple syrup and dried fruit so definitely a "special occasional" as Chef Dom says :-).

If you love the sound of this recipe then be sure to join our mailing list to be kept up to date with our latest delicious creations and tips and tricks for more real food for your family. It's easy just visit [http://www.theresarealchef.com](#) and you'll also receive our free lunchbox planner!

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Prep time

10 mins

Cook time

30 mins

Total time

40 mins

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Recipe type: Baking

Type of food: Paleo

Serves: 9

What you need:

- Dry ingredients:
- ½ cup coconut flour
- ½ cup tapioca flour
- 1 tsp baking soda
- 3 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp cloves (and/or ginger if you prefer)
- ¼ tsp vanilla powder (optional)
- Wet ingredients:
- ½ cup butter (we used lightly salted you can use unsalted or use ½ cup coconut oil for dairy free option but you will get slight coconut taste if you use that)
- 4 large eggs
- ¼ cup of maple syrup (or honey)
- 1 cup grated apple (aprox 2 apples and granny smiths work well)
- ½ cup dried fruit (we used cranberries but another good choice is sultanas and/or currants or apricots or dark chocolate or you can just leave this out)
- For the Cross
- 1 Tbsp coconut flour

