

# Cinnamon Knot Buns



SERVES 12-14



PREP TIME 20 mins



COOKING TIME 30 mins

## Ingredients

### Dough

- 500g all-purpose flour, plus more for dusting
- 3 tsp dried yeast
- 2 tbsp brown sugar
- 1/2 tsp salt
- 240g warm milk
- 3 large eggs
- 60g salted butter, at room temperature

### Sweet Spice Filling

- 2 tbsp *Carla's Sweet Spice*
- 220g brown sugar
- 80g salted butter, at room temperature

### Icing

- 1 tsp *Carla's Sweet Spice*
- 50g salted butter
- 60g maple syrup
- 65g powdered sugar

---

## Instructions

- In a mixing bowl, combine flour, the yeast, brown sugar, and salt. Add the milk, eggs, and butter. Mix until the flour is completely incorporated
- Cover the bowl and let sit at room temperature for 10 minutes
- Meanwhile, make the filling. In a small bowl, combine 110g brown sugar and 1 tablespoon Sweet Spice
- Preheat the oven to 180. Line a baking sheet with parchment
- On a floured surface, roll the dough out into a rectangle about 1/4 inch thick, adding flour as needed. Spread the dough with 80g butter and sprinkle with the Sweet Spice sugar. Fold the dough in half, directly over the Sweet Spice, pressing to adhere. Cut into 12-14 strips. Twist each strip into a loose knot, they don't need to be perfect. Place on the prepared baking sheet
- In a bowl, combine 80g melted butter, 110g brown sugar, and 1 tablespoon Sweet Spice. Spoon clumps of the brown sugar over the knots, and bake for 20 minutes until golden
- Meanwhile, make the glaze. Melt together the butter and maple syrup in a small pot set over medium heat. Remove from the heat and whisk in the powdered sugar and Sweet Spice. Drizzle over the knots
- *To make ahead: prepare the rolls through step 5. Cover the knots and place in the fridge (up to overnight). When ready to bake, remove the knots from the fridge 15 minutes prior to baking, then bake as directed*
- *To prepare and freeze: assemble the rolls through step 5, then cover and freeze for up to 3 months. Thaw the knots overnight in the fridge or on the counter for a few hours. Once thawed, bake as directed*

---

Carla's product used in this recipe: [Sweet Spice](#)  
[www.carlasfoods.co.uk](http://www.carlasfoods.co.uk)

*Carla's*