



Cinnamon Sticky Buns

with Maple Glaze & Walnuts



1,5h



2 Servings

It's hard to say "no" to a sticky cinnamon bun, especially when it features a brown sugar-walnut filling and a maple syrup glaze. We love that these buns are a low-effort, high-reward treat. How? Homemade quick bread dough! It's yeast-free, so it requires no proofing or excessive kneading. So go ahead and treat yourself! (2p-plan makes 8 sticky buns; 4p-plan makes 16—nutrition reflects 1 bun)

What we send

- 2 oz walnuts ²
- 10 oz all-purpose flour ³
- ¼ oz baking powder
- 5 oz granulated sugar
- ¼ oz baking soda
- 2 oz dark brown sugar
- ¼ oz ground cinnamon
- 4 oz Greek yogurt ¹
- 2 (1 oz) maple syrup
- 2½ oz confectioners' sugar

What you need

- 6 Tbsp butter, plus more for greasing ¹
- kosher salt
- 6 Tbsp milk ¹

Tools

- 8-inch round cake pan
- microwave
- rimmed baking sheet

Cooking tip

If you don't have a microwave, melt butter in a small saucepan over medium heat.

Allergens

Milk (1), Tree Nuts (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 450kcal, Fat 22g, Carbs 55g, Protein 7g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. **Butter** the bottom and sides of an 8-inch round cake pan. In a small bowl, melt **4 tablespoons butter** in microwave. Transfer **walnuts** to a rimmed baking sheet; bake on center oven rack until toasted, 5–8 minutes (watch closely as ovens vary). Let cool slightly, then coarsely chop toasted walnuts.



4. Fill rolls

Transfer **2 tablespoons butter** to same bowl; melt in microwave. Brush **melted butter** over surface of the **dough**, leaving a 1-inch border around the edges. Sprinkle **brown sugar mixture** over top in an even layer. Top with **half of the chopped walnuts** (reserve remaining nuts for step 6).



2. Start dough

Transfer **all but 2 tablespoons of the flour** to a medium bowl. Add **baking powder**, **⅓ cup granulated sugar**, **½ teaspoon salt**, and **¼ teaspoon baking soda**; whisk to combine.

In a second small bowl, stir to combine **brown sugar**, **1½ teaspoons cinnamon**, and **½ teaspoon salt**; set brown sugar mixture aside until step 4.



5. Bake rolls

Starting from one long side, roll **dough** into a log, then cut crosswise into 8 equal pieces. Arrange **rolls**, cut side down, in prepared pan, leaving **¾-1-inch** space between each roll. Bake on center oven rack until deeply golden, 23–25 minutes. Let rolls cool in pan for 15 minutes.



3. Finish dough

To bowl with **flour mixture**, add **yogurt**, **melted butter**, and **6 tablespoons milk**. Use a fork to stir until a shaggy dough forms, then use your hands to gently knead once or twice until it forms a ball. Sprinkle **1 tablespoon of the remaining flour** on counter, then add dough and sprinkle remaining flour on top. Gently pat or roll dough into a 12x9-inch rectangle.



6. Make glaze & serve

Meanwhile, in a small bowl, whisk to combine **all of the maple syrup**, **all but 1 teaspoon of the confectioners' sugar**, **1 teaspoon water**, and **¼ teaspoon salt**. Transfer **buns** to a serving plate, if desired. Drizzle **glaze** over top and sprinkle with **reserved chopped walnuts**. Dust with **remaining confectioners' sugar** before serving, if desired. Enjoy!