



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 uses a leavening agent rather than yeast and requires no proofing or excessive kneading. Plus, ground cinnamon in the dough gives it a little extra oomph. So go ahead and treat yourself!

What we send

- 2 oz walnuts ¹⁵
- 10 oz all purpose flour ¹
- 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 ⁷
- 2 (1 oz) maple syrup
- 2½ oz confectioners sugar

What you need

- 6 Tbs butter (plus more for greasing) ⁷
- kosher salt
- milk ⁷

Tools

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

Allergens

Wheat (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 360kcal, Fat 14g, Carbs 55g,
Proteins 6g



1. Prep ingredients

Preheat oven to 425°F with a rack the in center. **Butter** the bottom and sides of an 8-inch round cake pan. In a microwave-safe bowl, melt **4 tablespoons butter**. (Alternatively, melt butter in a small saucepan over medium heat). Transfer **walnuts** to a rimmed baking sheet and bake until toasted, 5–8 minutes (watch closely as they will burn quickly). Let cool and coarsely chop.



4. Fill rolls

Melt **2 more tablespoons of butter** in microwave. Brush all over the surface of the **dough**, leaving a 1 inch border around the edges. Sprinkle **brown sugar mixture** over the top in an even layer. Top with **half of the chopped walnuts**.



2. Prep dough

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

In a separate small bowl, stir to combine **brown sugar, 1½ teaspoons cinnamon, and ½ teaspoon salt**



5. Assemble

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 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 **half of the remaining flour** on counter, then add dough and sprinkle remaining flour on top. Gently pat or roll dough into a 12-x-9-inch rectangle.



6. Make frosting

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