



From the Good Life Bread Book 2008

Heather's Spice or Hot Cross Buns

250 ml water
200 ml apple juice
2 tablespoons mild olive oil
3 tablespoons brown sugar
4 cups white bread mix
2 tablespoons skim milk powder
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
2 teaspoons yeast
1/2 cup sultanas (half chopped dried apple when we have homemade ones)
Pour oil over paddle in bread machine bucket.
Add water and apple juice.
Add brown sugar, bread mix, milk powder, cinnamon, nutmeg and yeast.
Set the bread machine to dough setting and press go.
About four minutes into the knead cycle add the dried fruit.
When dough is ready remove from pan and knock down on floured surface.
Shape into rolls as big or as small as you wish or it can be made into one large loaf.
Place on oiled baking tray, cover with a damp tea towel or oiled, plastic shopping bag and leave to rise in a warm place. We often use the car for this in winter where it's nice and warm.
After about one hour (depending on the weather) when it's doubled in size, remove wrapping and brush with milk.
A cross of flour and water mix (2 tablespoons water and 1/2 cup flour) can be added now for hot cross buns if desired.
Place in pre-heated oven at 190°C for 15–20 mins until cooked.
These are great toasted under the grill.