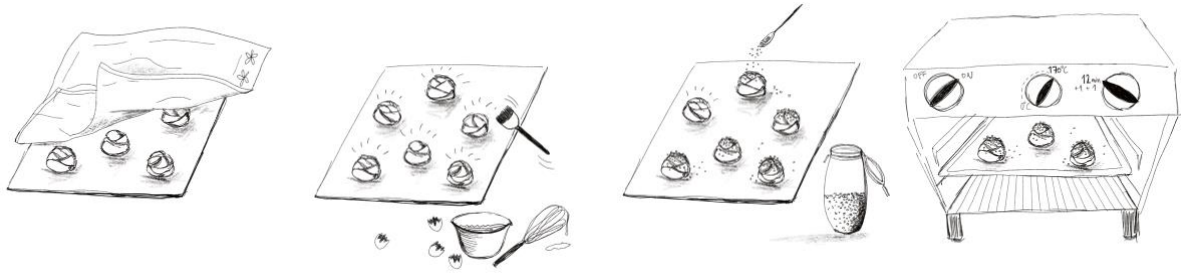


# Step by step guide for wholesome cinnamon buns at home!



1. There are two ways to rise our cinnamon buns from frozen. One option is to take your cinnamon buns out of the freezer and put them on a tray to defrost in the fridge the night prior to baking. Then, take them out of the fridge and let them rise under a towel in room temperature.  
(The rising time will really depend on the weather, time of the year and the temperature of the room of which they are standing).

Alternatively, you can set your frozen buns on a tray in room temperature (under a towel) anytime directly from the freezer, where they will need to defrost and rise for a little longer. The key to a perfect fluffy cinnamon bun is to let them rise slowly.

The perfectly risen cinnamon roll is slightly spongy to the touch. It should be a soft consistency that resembles the space on your palm below your thumb when relaxed, and should return to shape after you press on it.

2. Once your cinnamon buns are close to their perfect point of rising, turn your oven on to 170°C. The regular air-fan setting works well! Make sure the oven is at its right temperature before putting them in.
3. Egg-wash the buns with an even layer covering all sides and sprinkle your pearl sugar just before placing them in the oven.
4. Place the tray on the middle rack in the oven and set your timer for 12 minutes. If you'd like your buns more golden brown after 12 minutes, add 1 minute at a time to the timer until you reach the desired colour! Feel free to gaze at your buns as they bake, but be sure not to open the oven as this allows hot air to escape and interrupts the baking process. Feel free to check our Instagram for reference if you're unsure.

