

# MARMEE'S GLUTEN-FREE STICKY BUNS

Measure ingredients into a mixing bowl:

- 1 cup gluten-free baking flour
- 1 tsp. sea salt
- 1/4 cup cane sugar crystals (organic)
- 4 tsp. instant yeast

Stir to combine.

Now add in and stir vigorously with a stiff spoon:

- 1 cup very warm water (110 degrees)

Now add in:

- 1/4 cup vegetable shortening (non-hydrogenated, organic)
- 1 egg

Now add in more flour:

- 1 1/4 cups gluten-free baking flour

Stir and combine using a stiff spoon for about 2 minutes until all flour is incorporated.

Add in:

- 1 cup mini cinnamon chips (optional)

Stir until combined. Follow instructions for baking.

Line a baking pan (8x10 rectangle) with parchment baking paper. Rub the bottom of the paper with soft butter. Using buttered hands, pick up portions of the dough and rolls into 2 inch balls (golf-ball-size). Drop formed dough balls into the parchment-lined and buttered pan. Set pan in cold oven so the dough can rest away from drafts. Allow to rest 45-55 minutes.

While the dough is resting, prepare the topping. After rest period, sprinkle on the topping evenly over puffy buns. Turn on oven to 375 degrees. Make certain baking pan is on mid-lower rack and allow the cinnamon buns to bake for 30-40 minutes. When buns are golden brown remove from the oven. Allow to cool 20 minutes. Lift parchment baking paper carefully from pan and set rolls onto a tray. Pull apart the buns carefully with two forks to separate. Serve warm.

*These can be made the day before and warmed to serve hot and fragrant. Simply wrap the buns in parchment baking paper and allow to warm in a 400 degree oven for 15 minutes.*



## STICKY BUN TOPPING

Mix together with a fork in a small bowl and set aside:

- 2 T, cold butter
- 1/3 C. brown sugar
- 2 t. ground cinnamon

Add in or skip if you don't like nuts. Can substitute pecans if desired.

- 3/4 C. coarsely chopped walnuts

