



# I Knead You Sticky Buns

Makes 16 servings | Serving size: 1 sticky bun

PREP TIME

**2 hr**

COOK TIME

**20 min**

TOTAL TIME

**2 hr 20 min**

*I love indulging in delicious breakfast foods on holidays, but if I can make a comparable product that's a healthier version...why not? That's why we crafted this good-for-you version of sticky buns (one of my favorites).*



## Ingredients

- 1½ tablespoons dry yeast
- ¾ cup scalded milk
- ¼ cup warm water
- ¼ cup butter, softened
- ½ cup honey
- 1½ teaspoons fresh lemon juice
- 2 eggs
- 3 cups whole wheat pastry flour
- ½ cup all-purpose flour

### Filling

- 4 cups dates
- ½ cup brown sugar
- ½ cup milk
- 3 tablespoons ground cinnamon
- ½ teaspoon nutmeg
- Pinch of salt
- ½ cup pecans, chopped

## Directions

1. In a large bowl, dissolve the yeast in warm milk and warm water. Let stand until foamy—about 5 minutes.
2. Stir in the butter, honey, lemon juice, and eggs until well combined.
3. Add the whole wheat flour and stir together until a soft dough forms.
4. Turn out onto a floured surface. Slowly knead in the last ½ cup of all-purpose flour. Return back to the bowl.
5. Cover and let rise in a warm place for 1 hour or until dough doubles in size.
6. While dough is rising, prepare filling.
7. Heat milk and brown sugar in a small saucepan until brown sugar is dissolved.

8. In a food processor, blend together all of the ingredients for the filling (except the pecans) to form a caramel.
9. Once the dough has risen, roll out into a large rectangle on a floured surface.
10. Spread half of the filling out over the dough. (If you're having trouble spreading the filling, add water, 1 tablespoon at a time, to get to the right consistency.)
11. Tightly roll the rectangle, starting with the long edge. Pinch the edges to create a seal.
12. Cut the dough into 16 rolls.
13. Preheat oven to 375°F.
14. Pour remaining caramel into the a greased 9x13" pan.
15. Sprinkle chopped pecans onto the pan, then add the rolls.
16. Cover, then let rise for 45 minutes or until doubled in size.
17. Bake for 20 minutes or until lightly browned.
18. Invert the pan, then serve them warm.