

Healthy Cinnamon Buns



These Swedish cinnamon buns are something special! Cinnamon buns are just about as Swedish as it gets, and this is definitely the healthiest cinnamon buns recipe you'll find!

Servings: 15-20 buns

Dough

5 dl mashed sweet potatoes
4 dl cassava flour
0.5 dl coconut sugar
0.5 dl maple syrup
1 dl water
1 tsp bicarbonate

Filling

2 dl dates
1 tbsp cinnamon
5 cardamom pods
0.5 tbsp coconut sugar
0.5 tsp vanilla powder
0.5 dl water

Garnish

4 tbsp maple syrup
2 tbsp grated coconut

Instructions

1. Start by peeling, chopping and steaming the sweet potatoes until soft. You need 2-4 potatoes, depending on how big they are.
2. When the potatoes are done, let them cool for a few minutes, then mash them with a potato masher. Measure 5 dl and transfer it to another bowl.
3. Mix in coconut sugar, maple syrup and water. Mix it.
4. Add cassava flour and bicarbonate. Make sure everything is mixed well and knead until you have a good dough. If necessary, add more flour.
5. Now you can let it stand for a few minutes while you make the filling.
6. Pit the dates, and crush the cardamom pods. Then put all the ingredients in a food processor and mix until you have a sticky and creamy filling.
7. Roll out the dough on a floured surface into a rectangle.
8. Spread the filling in a thin layer over the entire rectangle.
9. Cut strips of 1 cm. You should get between 15 and 20 strips in total.
10. Roll up one strip at a time and shape into a nice cinnamon bun.
11. Place all the buns on parchment paper on an oven tray. Brush them with some maple syrup and put a little grated coconut on top of each bun.
12. Bake in the oven at 175 degrees Celsius for about 20 minutes.

I find that they stay really fresh and soft in the fridge for about 2 days. So if you're not planning to eat all of them within that time, put the rest in the freezer. But they are at their best straight out of the oven.