

Easter Sunrise Hot Cross Buns

Icing Beat smooth 1 cup powdered sugar and 2 tablespoons orange juice, lemon juice or non-fat milk.

Nutrients per serving: Calories 220, Protein 5 g, Fat 3 g, Carbohydrates 42 g, Sodium 137 mg, Dietary Fiber 1.4 g.

10. Let rise in greased muffin pans until doubled, about 45 minutes.
11. Brush with Egg Glaze.
12. Bake at 400°F for 10 to 12 minutes, or until golden.
13. Cool on rack.
14. Drizzle with icing to form a cross.

Ingredients

- 4 cups all-purpose flour
- 2 packages Rapid Rise Yeast
- 1/3 cup sugar
- 3/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon cloves
- 3/4 cup nonfat milk
- 1/2 cup water
- 2 tablespoons margarine
- 2 eggs, lightly beaten
- 1 1/4 cups SUN-MAID Raisins
- 1/4 cup diced candied orange peel or citron
- Egg Glaze (1 egg, lightly beaten)

Directions

1. In large mixing bowl combine 1 1/2 cups of the flour, yeast, sugar, salt and spices.
2. In saucepan, combine milk, water and margarine and warm to 130°F.
3. Add to flour mixture.
4. Add eggs and 1/2 cup more flour; beat 2 minutes on high speed.
5. Gradually stir in remaining 2 cups flour with raisins and peel.
6. Knead on lightly floured board until smooth, about 5 minutes.
7. Let dough rest 10 minutes.
8. Divide into 18 equal parts.
9. Shape into balls.