Wholemeal hot cross buns

Ingredients

Serves 15

For the buns:

- 500g strong wholemeal flour
- 60g Silver Spoon Half Spoon sugar
- 7g (1 sachet) fast-action yeast
- 75g sultanas
- 25g dried mixed fruit
- 1 tsp ground cinnamon
- 1 tsp mixed spice
- 300ml skimmed milk
- 30g low-fat butter spread
- 1 egg

For the crosses:

- 75g plain flour
- 75ml (about 5 tbsp) water

For the glaze:

- 3 tbsp apricot jam

Method

1. Add the flour, Half Spoon sugar, yeast, sultanas, mixed fruit, cinnamon and mixed spice to a large mixing bowl and mix together.
2. Add the milk and butter to a small saucepan and bring to a slight simmer before removing from heat.
3. In a separate bowl, whisk the egg.
4. Create a hole in the flour mixture and gradually stir in the wet ingredients to form a dough.
5. Transfer to a floured surface and knead for 5 minutes.
6. Return the dough to the bowl, cover with cling film or a clean tea towel and leave to rise for 1 hour or until the dough has doubled in size.
7. Transfer the dough onto a floured surface and squeeze out the air. Split the dough into 15 equally sized pieces (about 70g each). Shape each piece into a bun and place on a baking tray lined with baking paper.
8. Cover the buns with cling film or a clean tea towel and leave to rise for 1 hour.
9. Preheat the oven to 200°C/gas mark 6. In a small bowl, mix the flour and water to form a paste to create the crosses. Transfer the paste into a piping bag or sealable food bag (you can cut off a corner of the bag to act as a nozzle).
10. Once the buns have risen, pipe crosses onto the top of each bun. Bake in the oven for 15-20 minutes until golden.
11. Gently heat 3 tbsp apricot jam in a pan and glaze the buns while they are still warm. If you don't have a pastry brush to glaze with, you can just use the back of a spoon.