

# Glazed Cinnamon Nut Buns

Hands-on - 30 min. Oven - 15 - 17 min.

Serves 9

What a delicious holiday treat! You'll especially enjoy serving these to your overnight guests. Waking them up with this mouth-watering aroma will make you a favorite host or hostess!

## Menu

Glazed Cinnamon Nut Buns  
Scrambled Eggs  
Sliced Fresh Fruit

1 frozen honey wheat bread dough (1 lb) (unbaked loaf)

### Night before (about 10:00 p.m.)

Remove dough from freezer and plastic bag. Place in a medium-size bowl. Cover with plastic wrap. Set out to thaw and rise overnight.

### In the morning (about 7:30 a.m.)

Prepare a clean work surface and dust lightly with flour. (I use the countertop or a cutting board.) Punch down dough and roll out to a 10" x 12" rectangle.

3 T light corn syrup

Evenly spread across dough.

Coat an 8" x 8" baking dish with cooking spray.

3 T sugar  
1½ tsp cinnamon  
¼ cup chopped almonds, pecans or walnuts (opt)

Mix together in a 1 cup measuring cup and sprinkle across dough.

Begin to roll up, starting on the long side, to form a long cylinder. Pinch the seams together to seal. Cut roll into 9 equal slices and place in baking dish with spirals facing up and sides touching.

### Preheat oven to 350°

Cover rolls with a kitchen towel and allow to sit on top of the stove for 45 minutes to 1 hour while the oven preheats to 350°. The warmth of the oven will help facilitate the 2nd rise. (I use this time to grab a shower!)

### About 8:45 or 9:00 a.m.

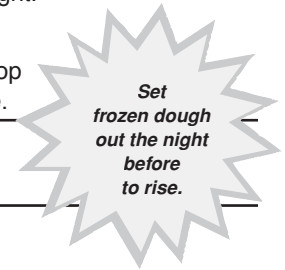
Place in oven to bake 15 to 17 minutes. *Meanwhile*, scramble eggs and slice fresh fruit. Cool the rolls 5 minutes before removing from pan.

½ cup powdered sugar  
2½ tsp skim milk  
¼ tsp vanilla extract

Mix together in a small cup. Transfer rolls to serving platter. Drizzle with glaze.

### About 9:15 a.m.

Serve with scrambled eggs and fresh fruit, and watch your guests' eyes pop!!



### Nutrition information for 1 bun

Calories	213	Fat	3 g	Fiber	1 g	Sodium	250 mg	Total Carbohydrate	42 g
Calories from Fat	13%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	4 g	Sugars	18 g