

Cinnamon Swirl Beet Buns

Recipe Includes: Beet Root Powder

SERVINGS: 12

INGREDIENTS:

DOUGH:

1 cup + 2 tbsps. warm soy milk
6 large eggs
6 tbsps. honey
6 cups white whole wheat flour
¾ cup BareOrganics Beet Root Powder
¾ tsp. instant yeast (About 1½ packets)
1 tbsp. salt
14 tbsps. unsalted butter, room temperature
(1¾ sticks, cut into 1-inch pieces)
2 cups packed brown sugar
3 tbsps. ground cinnamon

1 pinch salt
3 tbsps. unsalted butter, melted

FROSTING:

8 oz. cream cheese, room temp.
4 tbsps. unsalted butter, room temperature
1 tsp. pure vanilla extract
½ tsp. salt
1 cup confectioner's sugar
3 tbsps. orange juice

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Fold

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DIRECTIONS:

DOUGH:

1. In a bowl, combine the milk, eggs, and honey.
2. In the bowl of a stand mixer fitted with a paddle, mix the flour, beet powder, yeast, and salt.
3. Add in the egg mixture and mix on low to combine.
4. With the mixer on low, add the butter one piece at a time.
5. When all the butter has been added, increase the speed to medium and beat the butter into the dough until incorporated, about 1 to 2 minutes.
6. Transfer the dough to a large greased bowl. Cover with plastic wrap and let rise for 30 minutes.
7. Place your hands underneath the dough and fold it over onto itself, turn the bowl and repeat the folds by at least 6 more times until the dough is in one large mound and flipped on the reverse side.
8. Cover the bowl with plastic wrap again and let rise for 30 minutes.
9. Repeat the folding technique every 30 minutes for a total rise time of 2 hours.

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DIRECTIONS CON'T:

ROLLS:

1. Combine the brown sugar, cinnamon, and salt in a bowl and set aside.
2. Line a 12-by-16-inch baking dish with parchment paper.
3. Transfer the dough to a large floured work surface and roll out to a 25-by-25-inch square.
4. Brush the dough with the melted butter and evenly coat with the cinnamon sugar mixture.
5. Starting on either side, roll the dough into a tight cylinder and use scissors to cut the dough into 12 equal rolls.
6. Transfer the rolls to the prepared pan, cover with plastic wrap and let rise for 30 minutes.
7. Preheat the oven to 350 degrees Fahrenheit and remove the plastic wrap.
8. Bake for 30 to 35 minutes, rotating the pan halfway through, until the rolls are puffed and golden.

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Fold

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DIRECTIONS CON'T:

FROSTING:

1. Add the cream cheese and butter to a medium bowl and whip with an electric hand mixer on medium speed until smooth and creamy, about 1 minute.
2. Add in the vanilla, salt, confectioner's sugar, and orange juice and mix on low until the icing is light and fluffy, about 4 minutes.
3. Pull the buns from the oven and let cool for 5 minutes.
4. Using a spoon or offset spatula, apply a generous layer of the frosting.
5. Let the rolls cool for 5 to 10 minutes more and serve warm!

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