

## HOT CROSS BUNS from "Eat More Whole Grains" Cookbook

2 cups lukewarm water  
1/2 cup oil  
1/2 cup mashed potatoes  
2 eggs  
1 Tbsp. vinegar  
1/2 cup sugar or 1/4 cup Xagave Natural Sweetener  
1/2 tsp. salt  
2 1/2 cups whole wheat flour  
2 Tbsp. Saf yeast  
1 Tbsp. Dough enhancer  
3 cups all-purpose flour

1 tsp. grated lemon rind  
1/2 cup chopped mixed peel  
1 cup raisins  
1 tsp. cinnamon  
1 egg, beaten

Mill about 2 cups of wheat kernels in your mill. Place all the ingredients in the top section up to the yeast in the Bosch bowl equipped with the dough hook. Place the yeast and dough enhancer on top of the whole wheat flour and turn the machine on speed one to start mixing all the ingredients. Turn the Universal Plus up to speed 2 and start adding the remaining white all-purpose flour until the bowl starts to clean around the sides. Add the grated rinds and the cinnamon and knead on speed 2 (speed one for the older Universal models) for 7 min. to develop the gluten or stretch to the dough. For the last min. add the cup of raisins just to get mixed in. Stop the machine and cover with a towel to let rise in a draft-free area until double in size. Punch down and shape egg-size balls using oiled hands. Place in a square greased baking pan and with a pair of scissors cut an X on the top of each bun. Cover with a towel and let rise until more than double. Brush with beaten egg. and bake at 350 degrees F. for 15 min. until golden brown. Remove from oven and tip out of pans and let cool on a rack\*\*

\*\*You can add a bead of icing on the cross marks to the baked cooled buns.

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