

# Cinnamon Honey Buns

- Makes 12 buns -



## Ingredients

1/4 cup butter or margarine, softened and divided  
1/2 cup honey, divided  
1/2 cup chopped toasted nuts, optional  
2 teaspoons ground cinnamon  
1 lb. frozen bread dough, thawed according to package directions  
2/3 cup raisins

## Directions

Grease 12 muffin cups with 1 Tablespoon butter.

To prepare honey nut topping, mix together 1 Tablespoon butter, 1/4 cup honey and chopped nuts. Place 1 teaspoon topping in each muffin cup.

To prepare filling, mix together remaining 2 Tablespoons butter, remaining 1/4 cup honey and cinnamon. Roll out bread dough onto floured surface into 18 x 8-inch rectangle. Spread filling evenly over dough. Sprinkle evenly with raisins. Starting with long side, roll dough into log. Cut log into 12 (1-1/2-inch) slices. Place 1 slice, cut-side up, into each prepared muffin cup. Set muffin pan in warm place; let dough rise for 30 minutes. Place muffin pan on foil-lined baking sheet. Bake at 375°F. 20 minutes or until buns are golden brown. Remove from oven; cool in pan 5 minutes. Invert muffin pan to remove buns.

## Nutritional Information Per Serving (2 buns)

*Protein: 8 g Fat Total: 14 g Sodium: 436 mg Carbohydrates: 76 g  
Calories from Fat: 27% Cholesterol: 21 mg Calories: 444 Dietary  
Fiber: 4 g*

**Note:** Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

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