

Low Fat Bread Machine Cinnamon Buns (Makes 8)



Dough

3/4 cup milk warmed, with 1 T shortening until it melts
1 large egg mixed with 1/4 cup room temperature water
3/4 tsp salt
3 cups all-purpose flour
1 T sugar
2 tsp/1 pkt yeast

Filling

1/2 cup canned applesauce or 3-4 peeled, cored and chopped apples
2 T honey
1/3 cup brown sugar
2 tsp cinnamon
1/3 cup nuts or raisins (optional)

Load bread machine according to manufacturer's directions. Cool milk mixture so it isn't hot before adding.

Select dough/manual cycle. When cycle completes, transfer dough to floured surface and let rest for 15 minutes.

Prepare applesauce mixture and cook until it resembles a thick paste.

Roll the dough into a 9" X 12" rectangle and spread with applesauce mixture to within one inch of edges. Sprinkle on nuts or raisins.

Carefully roll up the dough from the long edge and then cut into eighths. Place pieces, spiral side down in high-sided bundt pan and put in warm place covered with a wet cloth for 30 minutes, or until doubled in size.

Preheat oven to 375F and bake buns for 25-30 minutes, or until golden and they sound hollow when tapped.

Let stand for 3 minutes, then separate with a knife and remove to platter.