Pineapple Hot Cross Buns

Ingredients

For the Buns:

- 1 1/2 cups whole milk
- 1/2 cup honey
- 1 package Active Dry Yeast
- 5 1/2 to 5 3/4 cups AP flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon Allspice
- 2 eggs, room temperature
- 4 Tablespoons (1/2 stick) unsalted butter, room temperature
- 1 cup diced Paradise Fruit Co. Candied Pineapple Wedges
- 1 1/2 cups rum

For Sugar Glaze:

- 1/4 cup water
- 1/4 cup coconut sugar

For Cream Cheese Frosting (Crosses):

- 1 cup powdered sugar
- 4 Tablespoons cream cheese, room temperature
- 4 Tablespoons unsalted butter, room temperature
- 1/2 Tablespoon water
- 1 Tablespoon rum

Instructions

Dice candied pineapple into smaller pieces. Place into a small bowl, covering pineapple pieces with rum. Let soak for 1 hour. Drain rum off of pineapple pieces. Be sure to save the rum so it can be used for cream cheese frosting.

In a small bowl, warm milk in microwave to temperatures of 105 to 110F degrees. After milk temperature is reached, stir in honey and yeast. Let sit for 10 minutes as yeast activates. Bubbles will start to form on the surface.

Using your stand mixer with dough attachment, stir together the flour, salt, nutmeg, ginger, and all spice. Combine eggs and butter to flour mixture. Slowly pour in yeast mixture to flour mix. Mix together until flour is incorporated into yeast mixture, about 5 minutes. Stir in candied pineapple. Continue to mix dough until it no

longer sticks to sides of bowl. Dough should be soft and elastic. If dough is too sticky, add flour, 1 Tablespoon at a time. If dough is too dry, add a little water until soft and elastic consistency is reached.

In a separate large bowl, grease with 1 to 2 Tablespoons coconut oil, covering sides and bottom of bowl. Place dough into greased bowl, turning dough over to coat with oil from bowl. This helps to keep dough moist while it rises. Cover bowl with plastic wrap. Place in a warm, non-drafty spot and let rise for approximately 2 to 3 hours or until dough doubles in size.

While dough is rising, you can prepare baking dish, sugar glaze, and cream cheese frosting.
Measure parchment paper at bottom of 16" x 12" baking dish. Grease baking dish with coconut oil. Place parchment paper in bottom of dish. The oil helps the parchment paper stick to the bottom. Parchment paper keeps the bottoms from sticking and the coconut oil helps the sides from sticking. Easier for removal and clean up after serving. After dough has doubled in size, punch down with your fist.

Lightly flour a clean, flat surface. Place dough onto surface and flatten with your hands. Flatten dough about 1" to 1 1/2" thick. Cut dough into 2" x 2" pieces. Roll dough between your hands to make a small ball, place side by side in prepared baking dish. Cover with a clean towel. Place in a warm, non-drafty area and let rise for 2 to 3 hours. Dough will double in size again.

Preheat oven to 375 F degrees.

Bake rolls for 20 to 25 minutes, or until tops are golden brown. As rolls bake, add coconut sugar and water into a small sauce pan. Heat over low heat, stirring occasionally, until mixture starts to boil. Continue boiling for another few minutes and remove from heat. Set aside.

Remove buns from oven and brush with coconut sugar glaze. Let buns cool before frosting. As buns cool, make your cream cheese frosting. Add room temperature cream cheese and butter to a small mixing bowl (at least 2 cups in size). Mix together with a fork.

Add water and rum. Stir in powdered sugar until all lumps are gone. Scoop cream cheese frosting into piping bag and refrigerate until cooled.

Once buns and the cream cheese frosting have both cooled, take piping bag and make a cross over each bun with cream cheese frosting. Serve immediately or place into refrigerator until ready to serve.

Can keep for up to 1 week in your refrigerator.