



# Ooey-Gooey Cinnamon Buns





Buns	Total	Prep	Cook	Rest
12	2 hr + 55 min	20 min	35 min	2 hr

## Ingredients



### Dough

1 cup (240 mL) unsweetened soy milk   
 1 Tbsp (12 g) active dry yeast  
 3 cups (414 g) all-purpose flour  
 ¼ cup (56 g) granulated sugar  
 2 tsp (7 g) baking powder  
 1 tsp (6 g) salt  
 ¼ cup (54 g) [refined coconut oil](#),  
 melted <sup>†</sup> 

### Filling

1 cup (220 g) brown sugar, packed  
 ½ cup (50 g) raw pecans, finely  
 chopped   
 2 tsp (5 g) ground cinnamon  
 ¼ cup (54 g) [refined coconut oil](#),  
 melted 

### Sweetened milk

¼ cup (60 mL) unsweetened soy milk<sup>‡</sup>  
  
 1 Tbsp (15 mL) [maple syrup](#) 

### Icing

1 cup (134 g) powdered sugar  
 ¼ cup (56 g) unsalted vegan butter

- 1 tsp (5 mL) unsweetened soy milk ▼
- 1 tsp (5 mL) clear vanilla extract ▼

## Directions

1. Heat the milk in a [saucepan](#) until just steaming\*. Do not let simmer! Remove from the heat, add the yeast, stir, and let sit for 5 minutes.
2. In a large bowl, combine the flour, sugar, baking powder, and salt.
3. When the yeast mixture is foamy, add to the flour mixture along with the melted coconut oil. Mix together.
4. Then use your hands and knead for 3 - 4 minutes until smooth. Add a bit more flour if needed, the dough should be slightly sticky but not stick to the bowl. Cover with a damp cloth and let it rest in a warm place for 1 hour.
5. Lightly grease a [baking dish](#) that's about 10½ x 8 inch (27 x 21 cm), or big enough to easily fit all the rolls.
6. In a small bowl, combine the brown sugar, pecans, and cinnamon. Set aside.
7. Transfer the dough onto a floured surface. Use a [rolling pin](#) to roll the dough into a ½ cm thick rectangle of 30 x 40 cm.
8. Spread the coconut oil across the rolled-out dough. It looks like a lot, and that's okay!
9. Sprinkle the brown sugar and pecan mixture evenly overtop the rolled-out dough.
10. With the longest edge of the rectangular dough closest to you, begin to roll the dough.
11. Cut the rolled dough into 12 buns, about 1½ inches (3 cm) thick each. We did this by cutting the roll in half, then in half again, and then cutting each of those quarters into thirds.
12. Place each bun into the baking dish, then cover it with a damp cloth and let rest in a warm place for another hour.
13. While the buns are resting, mix the remaining milk with maple syrup. Set aside.
14. Preheat the oven to 350°F (180°C). Bake buns in the centre rack of the oven for 10 minutes. Remove from the oven to spoon the sweetened milk mixture over the buns.
15. Return the cinnamon buns back to the oven to bake for an additional 20 - 25 minutes, or until the tops of the buns are golden.
16. While the buns are baking, whisk together the icing ingredients using an [electric hand mixer](#). Add a splash more milk if a thinner consistency is preferred.
17. When the buns are removed from the oven, let them cool slightly before smearing the icing overtop. Enjoy!

## Notes

- † Refined coconut oil is coconut oil that doesn't smell or taste like coconuts. If you prefer a distinct coconut taste, use unrefined coconut oil instead.
- ‡ Try infusing the milk with cinnamon sticks, ginger, crushed cardamom pods, or chai-spiced tea bags for more festive tasting cinnamon buns.
- \* The aim is to achieve a "lukewarm bath" temperature. If it's too hot, let it sit to cool slightly. Milk

that's too hot may kill the yeast.

### Storage

- Store in an [airtight container](#) on the counter for up to 3 days.
- Store the buns without the frosting in the freezer for up to 1 month, and reheat in the oven when ready to enjoy.