



### Cinnamon Swirls

#### Pastry

200ml Warm Water  
7g Psyllium Husk  
6g Yeast  
240g Fate Low-Protein All-Purpose Mix  
1 tsp Cinnamon  
40g Caster Sugar

#### Filling

55g Light Muscavado Sugar  
2 tbsp Caster Sugar  
1 tbsp Cinnamon  
28g unsalted butter  
2 tbsp Prozero

- Pre-heat the oven to 200°C/fan 180°C/gas mark 6.
- Place the warm water, psyllium husk and yeast in a bowl and stir.
- Add the Fate Low Protein All-Purpose Mix, cinnamon and sugar to the bowl and mix into a dough.
- Dust the surface with Fate Low Protein All-Purpose Mix and using a rolling pin, roll the dough to approximately 1cm in depth, 26cm square and using a knife to neaten the edges as required.
- For the filling, place light muscavado sugar, caster sugar, cinnamon and butter into a microwavable bowl and mix together.
- Microwave the mix for 30 seconds or until the butter has melted.
- Pour the mix onto the pastry square and spread evenly using the back of a spoon, leaving a 2cm strip filling free on one edge.
- Brush the filling free area with Prozero.
- Roll the square until you reach the filling free area and then gently press down to seal the edge.
- Slice a 1cm chunk from each end and discard.
- Cut the roll into 12 even sections (2cm each).
- Place onto a lined baking tray, allowing room for expansion with the swirls facing up.
- Brush the swirls with Prozero.
- Bake on the middle shelf of the oven for 20 minutes.
- Leave to cool fully on a wire rack.
- Decorate with sugar icing if you wish. Mix icing sugar with water and drizzle over the top of the cinnamon swirls.



Recipe provided by Vitaflo