



HELLO, PARENTS & GUARDIANS!  
WE ARE BEEZEE BODIES, AND WE WORK WITH GLOUCESTERSHIRE COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR CHILDREN AND THEIR FAMILIES.

## WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES GROUPS STARTING NEAR YOU IN MAY (PLUS LOTS OF ONLINE SUPPORT AVAILABLE TOO).

## SIGN UP FOR FREE TODAY!



SCAN ME WITH YOUR SMARTPHONE CAMERA!

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Gloucestershire and include one child age 5-15 who is above their ideal healthy weight.

# LET'S MAKE HOT CROSS BUNS!



## WHAT YOU'LL NEED:

### For the buns:

500g wholemeal flour  
60g HalfSpoon sugar  
7g fast-action yeast  
75g sultanas  
25g dried mixed fruit  
1 tsp ground cinnamon  
1 tsp mixed spice  
300ml skimmed milk  
30g low-fat spread  
1 egg

### For the crosses:

75g plain flour  
75ml water

### For the glaze:

3 tbsp apricot jam

## WHAT TO DO:

1. Add the flour, half spoon, yeast, sultanas, mixed fruit, cinnamon and mixed spice to a large mixing bowl and mix together.
2. Add the milk and spread to a small saucepan and bring to a slight simmer before removing from heat.
3. In a separate bowl, whisk the egg.
4. Create a well in the flour mixture and gradually stir in the wet ingredients to form a dough.
5. Transfer to a floured surface and knead for 5 minutes.
6. Return the dough to the bowl, cover with cling film or a clean tea towel and leave to rise for 1 hour or until the dough has doubled in size.
7. Transfer the dough onto a floured surface and squeeze out the air. Split the dough into 15 equally sized pieces (about 70g each). Shape each piece into a bun and place on a baking tray lined with baking paper.
8. Cover the buns with cling film or a clean tea towel and leave to prove for 1 hour.
9. Preheat the oven to 200C. In a small bowl, mix the flour and water to form a paste to create the crosses. Transfer the paste into a piping bag or sealable food bag (you can cut off a corner of the bag to act as a nozzle)
10. Once the buns have proved, pipe crosses onto the top of each bun. Bake in the oven for 15-20 minutes until golden.
11. Gently heat 3 tbsp apricot jam in a pan and glaze the buns while they are still warm. If you don't have a pastry brush to glaze with, you can just use the back of a spoon.

