



Vegan Honey Buns Recipe

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Ingredients

For the Dough:

- 2 ½ cups all-purpose flour
- ¼ cup sugar
- 1 tsp salt
- 2 ½ tsp instant yeast
- ¾ cup unsweetened non-dairy milk (warm, about 110°F / 43°C)
- ¼ cup vegan butter (melted)
- 2 tbsp maple syrup or agave
- 1 tsp vanilla extract

For the Cinnamon Filling:

- ¼ cup vegan butter (softened)
- ¼ cup brown sugar
- 1 tbsp cinnamon

For the Glaze:

- 1 cup powdered sugar (sifted)
- 2–3 tbsp non-dairy milk
- 1 tsp vanilla extract
- 1–2 tsp maple syrup (optional, for extra sweetness)

Instructions

1. Make the Dough

1. In a small bowl, combine warm milk, sugar, and yeast. Let sit 5–10 minutes until frothy.
2. In a large bowl, mix **flour and salt**. Add **yeast mixture, melted butter, and vanilla**.
3. Knead until smooth and elastic (5–7 minutes by hand or 3–4 minutes in a mixer).
4. Place in a greased bowl, cover, and let rise **1–2 hours**, until doubled.

2. Prepare the Filling

1. Mix **vegan butter, brown sugar, and cinnamon** into a spreadable paste.

3. Assemble the Buns

1. Roll dough into a rectangle (about 12x8 inches).
2. Spread cinnamon filling evenly over the dough.
3. Roll tightly from the long side to form a log.
4. Cut into 8–10 even pieces.
5. Place on a greased baking pan, leaving a little space between each.
6. Cover and let rise 30–45 minutes.

4. Bake

- Preheat oven to **350°F (175°C)**.
- Bake buns **20–25 minutes**, until golden brown.
- Cool slightly before glazing.

5. Make the Glaze

1. Whisk together **powdered sugar, non-dairy milk, vanilla, and maple syrup**.
2. Drizzle over warm buns.

Tips & Variations

- ✦ For extra “sticky” buns, brush the tops with a thin layer of maple syrup before glazing.
- ✦ Add chopped nuts or raisins inside the filling for texture.
- ◆ Drizzle melted vegan chocolate on top for a chocolate-cinnamon twist.