

Swedish Spelt St Lucia/Saffron Buns

Yield: 12 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-coconut-cookie-recipe>

Ingredients:

- 24 raisins
- 1/2 orange juice
- 25 grams fresh yeast
- 1 cup coconut or any other milk
- 5 grams saffron good quality
- 1 vanilla pod seeds
- organic butter 60 g
- 6 tablespoons maple syrup
- 2 tablespoons almond or any other nut butter
- 5 tablespoons creme fraiche or greek yoghurt
- 5 cups spelt flour
- 1/2 teaspoon sea salt
- 1 egg yolk beaten, for brushing the buns

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 25 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. SaturatedFat: 4 grams
8. Sodium: 120 milligrams
9. Sugar: 9 grams

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