

Honey-Banana Hot Cross Buns

**Bee
Healthy**
menu by **Busy Bees.**



Honey-Banana Hot Cross Buns

Prep time: 10 minutes. Serves: 6-12.

Per child, this recipe provides: Provides ½ serve of fruit.

Hot Cross Buns are a healthier 'sweet' option for children or adults, as they do not contain as much added sugar, or fat, as many other baked goods*.



Ingredients

3 Hot Cross Buns (with fruit)

3 tbsp Nuttelex

2 Bananas, medium

2 tsp Honey*

3 Apples

***For children under 12 months, omit the honey entirely. No substitution necessary.**

Method

1. Wash and cut apple into wedges.
2. Turn oven to grill, at medium-high heat.
3. Cut each of the prepared Hot Cross Buns in half and arrange on a baking tray middle-side up.
4. Place tray in the oven and bake until brown. A toaster can also be used if more efficient than the oven.
5. Peel and slice the banana into thin discs.
6. Once Hot Cross Buns are removed from oven, spread a thin layer of Nuttelex on each bun, top with the slices of banana and drizzle honey on top.

Serve apple wedges alongside warm Hot Cross Buns. Children to add Nuttelex and banana if age-appropriate.

Allergen alternatives:

For dairy free, use natural or vanilla coconut yoghurt.

*Don't forget to check the Hot Cross Buns you buy for an option that's right for your family and their dietary needs.

