

# Kristy's Goopy Cinnamon Buns

recipe by Kristy Kilik

*A sticky mess that is not too sweet.*

## Ingredients

Some of the Dough from "Kristy's Hard Red Spring Wheat Buns" recipe

Butter

Coconut Sugar

Cinnamon

## Sauce Ingredients

1 Can Supreme full fat coconut milk

¼ cup butter

¼ cup coconut sugar

2 ½ tsp vanilla extract

1 tsp maple extract (optional)

½ cup raisins or nuts or both!

## Directions:

In a small pot, prepare the sauce. Open the can of full fat coconut milk and scoop out the hard coconut cream part only and add it to the pot. Add in the butter, coconut sugar, extract(s) and raisins if you are using them. Heat until it is all melted and mixed together. Pour into a glass cake pan and set to the side while you make the buns.

Roll out the dough and smear butter all over it. Sprinkle with coconut sugar and cinnamon evenly. Roll it up and cut into 1 inch pieces. Place on top of the sauce in the glass cakepan. Let rise for 10 to 20 minutes covered with tea towel. Bake at 375 degrees Fahrenheit for 20 to 25 minutes. Prepare a cookie sheet with parchment paper. When you pull out the buns, carefully place the parchment paper on top of the buns, overlapping the sides, and then place the cookie sheet on top. Carefully flip over the pan so the cookie sheet is on the bottom and the cakepan is on top. The buns should drop out and the goopy topping will soak into the buns.