THE J.M. SMUCKER Co

Make Ahead Sticky Buns

Prep Time	Cook Time	Serves	Difficulty
25 mins	30 mins	12	N/A

Ingredients

- **Dough:**
- 4 cups (1 L) **Robin Hood®** Best For Bread Homestyle White Flour

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- 1/3 cup (75 mL) granulated sugar
- 1 tsp (5 mL) salt
- 2 pkgs (2 1/4 tsp / 11 mL) instant yeast
- 1 cup (250 mL) milk, warm
- 1/3 cup (75 mL) butter
- 1 egg
- **Topping:**
- 1 cup (250 mL) packed brown sugar
- 1/2 cup (125 mL) butter
- 1/4 cup (50 mL) corn syrup
- 1 cup (250 mL) halved pecans
- **Filling:**
- 2 tbsp (30 mL) butter
- 3/4 cup (175 mL) chopped pecans
- 1/4 cup (50 mL) packed brown sugar
- 1 1/2 tsp (7 mL) cinnamon

Directions

Step 1:

Dough: Combine 2 cups (500 mL) flour, sugar, salt and yeast in large bowl. Add milk, butter and egg. Beat 1 minute. Stir in enough remaining flour to make a soft dough.

Do your kids know which ingredient makes the dough rise? Yeast! This happens when it feeds on sugar. Once the dough has risen, let your kids punch it down!

Step 2:

Knead dough on floured board for 5 minutes. Place in greased bowl. Cover with plastic wrap. Let rise in warm place until doubled, about 1 1/4 hours.

Get your kids to practice kneading the dough. How many times can they knead it in 5 minutes?

Step 3:

Topping: Bring brown sugar and butter to a boil in a medium saucepan, stirring constantly. Remove from heat. Stir in syrup. Pour into 13" x 9" (33 x 23 cm) pan. Sprinkle pecan halves on top.

Step 4:

Punch down dough. Roll out into 15" x 10" (37 x 25 cm) rectangle. Spread with butter.

Step 5:

Filling: Combine pecans, brown sugar and cinnamon. Sprinkle over dough. Starting at long side, roll up tightly, pinching seam to seal. Cut into 15 pieces. Place in pan. Cover tightly with plastic wrap. Refrigerate 12 to 48 hours.

Step 6:

Preheat oven to 350°F (180°C).

Try baking the rolls in a muffin tin instead of a pan. You’ll have some tidy individual servings ready to be packed in your kids’ lunches or frozen for afterschool snacks.

Step 7:

Bake uncovered in preheated oven for 25 to 30 minutes, or until golden. Let stand 3 minutes in pan, then invert onto serving platter.

Plan an activity to enjoy with your kids while the dough is rising. You could decorate aprons or make chef hats!

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