



# AB's Honey and Cinnamon Bread

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*AB's Honey and Cinnamon Bread is moist, sweet, and perfect toasted for breakfast. It is low in sugar and fat making it the perfect snack, breakfast, or afternoon tea.*

PREP TIME: 2 HOUR

COOK TIME: 25 MIN

## INGREDIENTS

- $\frac{2}{3}$  cup warm water
- 3 tbsp AB's Honey and Cinnamon plus extra for glazing
- 1  $\frac{1}{2}$  cups dry yeast
- 1 egg
- $\frac{1}{2}$  tsp Apple Cider Vinegar
- 1 tbsp canola oil
- $\frac{3}{4}$  tsp sea salt
- 1  $\frac{1}{2}$  cups plain flour
- $\frac{3}{4}$  cup whole wheat flour
- 1  $\frac{1}{2}$  tsp ground cinnamon



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## DIRECTIONS

1. Prepare yeast by combining with the warm water and 1 tbsp AB's Honey and Cinnamon in a stand-mixer bowl. Cover with a clean tea towel for 5 minutes.
2. Add the egg, canola oil, vinegar, salt, and flours to the mixer. Combine with the spatula until dough forms.
3. Put the dough in a large greased bowl and cover with a clean tea towel or plastic wrap. Let it proof in a warm place for 1 hour, or until doubled in size.
4. Once ready, place the dough on a greased surface and roll out to 25cm wide x 30cm long.
5. Spread remaining honey and ground cinnamon on top of the rolled-out dough, leaving a small border on the outside. Roll it up width-wise. Seal edges.
6. Place dough into a greased baking tin and cover with a tea towel or plastic wrap. Let it proof again for 45 minutes, or until it rises above the sides.
7. Preheat the oven to 175° Celsius.
8. Bake in the preheated oven for 25 minutes, or until the top is golden.
9. Let the bread cool in the pan for 10 minutes, before turning onto a wire rack to cool completely.

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