



real food for real people

## Cinnamon Buns

Saucy Shawn is famous for his Cinnamon Buns. It took him many tries to arrive at a recipe that worked for him and here it is. Many, many hours have been spent perfecting this and at the end of the day it really comes down to the love that goes into each one.

Give these a try and see if you like them!

Ingredients	Metric	Imperial
Saucy Shawn's Basic Bun Dough Recipe	1 batch	1 batch
Butter, soft	125 mL	1/2 Cup
Brown Sugar	500 mL	2 Cup
Cinnamon, Ground	45 mL	3 TBSP

Prepare the dough as per the recipe.

Ensure butter is soft.

Mix the brown sugar and cinnamon in a bowl.

After the dough has risen, roll out in a rectangular shape to about 1/4" thickness.

Spread the butter evenly on the dough and then cover with brown sugar mixture.

Loosely roll the dough lengthwise into a "roll".

Cut the roll into ~1-1.5" segments and place them on a parchment covered baking sheet. You can also use a pan with sides, like a cake pan.

Bake in pre-heated 350F oven for 20-25 minutes or until golden brown.

Remove from oven and cool pan on a rack.

Enjoy!