

# CHOCOLATE STICKY BUNS

*Gluten Free • Dairy Free • Delicious*

*Chocolate meets cinnamon rolls  
in this gooey, decadent treat*

## Ingredients

### For the Buns

- 2 1/2 cups + 1/4 cup Namaste all purpose gluten free flour blend
- 3/4 cup potato starch
- 2/3 cup full fat canned coconut milk
- 2/3 cup plain, unsweetened dairy free milk (such as Flax Milk)
- 1 large egg
- 1 large egg yolk
- 6 Tablespoons dairy free butter
- 2 1/2 teaspoon instant/rapid rise yeast
- 3 T granulated sugar
- 1 1/2 teaspoon table salt

### For the Filling

- 1 cup dairy free butter, softened
- 3/4 cup granulated sugar
- 1/4 cocoa powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon (optional)

### For the Topping

- 3/4 cup packed brown sugar
- 1/4 cup brown corn syrup
- 6 Tablespoons dairy free butter, melted
- 2 Tablespoons water
- 2 Tablespoons cocoa powder
- 1/4 teaspoon table salt

## Notes

This recipe is adapted from the Cook's Country recipe for Triple Chocolate Sticky Buns, which is neither gluten free nor dairy free. This recipe is both!

I use Namaste All Purpose Gluten Free Flour Blend. Use your favorite brand instead, if you prefer, but be aware it will likely yield different results.

A word about dairy free ingredients: I use Earth Balance Vegan Buttery Spread, Thai Kitchen full fat coconut milk (shaken before opening), and Good Karma Unsweetened Original Flax Milk. Always make sure your cocoa powder is dairy free!



# Method

In an 8 oz. glass measuring cup, stir together 1/3 cup coconut milk, 1/3 cup dairy free milk, and 1/4 cup all purpose gluten free flour blend. Whisk until smooth, then microwave for 75 seconds, stopping to stir at 25 second intervals. This will turn into a thick substance.

Transfer the milk/flour mixture to a stand mixer. Add an additional 1/3 cup coconut milk and an additional 1/3 cup dairy free milk; whisk together until the mixture loosens up. Add egg and egg yolk and whisk until combined. Add 2 1/2 cups all purpose gluten free flour, 3/4 cup potato starch and 2 1/4 teaspoons yeast. Using a dough hook, mix on low speed until there is no more dry flour left (1-2 minutes). When done mixing, remove the dough hook but leave the dough in the bowl. Cover with a tea towel and let sit for 15 minutes.

After the 15 minutes is over, remove the tea towel and add 3 T sugar and 1 1/2 teaspoons salt. Mix on medium speed for 5 minutes. Cut 6 T dairy free butter into small cubes and add to the dough. Mix on medium speed for another 5 minutes.

Sprinkle a little bit of potato starch on a clean, flat counter surface. Remove the dough from the bowl and plunk it down on top of the potato starch. Knead it a little bit to smooth and shape it into a ball. Since this dough is gluten free, you do not need to knead it as you would a wheat based dough. Grease a large glass bowl, then put the dough ball inside of it. Cover with plastic wrap and let rise in a warm place for 1 hour, or until doubled in size.

Meanwhile, in a small mixing bowl whisk together brown sugar, corn syrup, melted dairy free butter, water, cocoa powder and salt. Pour into a greased 13 x 9 glass pan. Spread the mixture evenly across the entire base of the pan.

Soften the dairy free butter. Set aside. Whizz the granulated sugar, cocoa, salt and cinnamon (if using) together in a high speed blender until fully combined. Set aside.

When the dough has doubled in size, roll it out. Sprinkle a generous amount of potato starch on a clean, flat surface. Remove the dough from the bowl. Roll out the dough until it is 18 x 15 inches, adding potato starch to the rolling pin and work surface as needed.

Spread softened dairy free butter over the surface of the dough, leaving 1" strip along one of the 15" ends. Sprinkle about 1/2 cup sugar/cocoa powder mixture over surface, covering all of the dairy free butter. You will have some cocoa mixture left over.

Next comes the tricky part: rolling it all up. Use a pastry scraper to help you. Start at the 15" end that is covered with dairy free butter and the cocoa mixture. Gently fold 1/2" of the dough over onto itself to start a pinwheel. Continue rolling it up, slowly and gently, using a pastry scraper to help lift and turn the dough. Continue until all the dough has formed a smooth log. Pinch the dough together at the end to create a seam. Pinch the dough together if any of it breaks along the way.

Cut into 12 equal slices, about 1 1/2" in width each. Place them in the prepared baking dish, right on top of the prepared gooey chocolate. Spray with cooking oil; cover with plastic wrap; let rise again in a warm spot for 1 hour.

Preheat the oven to 375 degrees. Remove plastic wrap and put the pan on the lowest rack. Bake for 20 minutes, then cover with foil and bake an additional 15 minutes, or until internal temperature of the center rolls is 210 degrees. Remove from the oven and let cool for 15 minutes. Invert the pan on a large tray, remove basking dish, and serve.

