



Spring into  
**Baking**<sup>TM</sup>

See inside for recipes





# Classic Hot Cross Buns

**Prep:** 2 hours (including rising and resting) | **Bake:** 12 minutes | **Makes:** 12 servings | **Freezing:** not recommended

## Buns

½ cup	(125 mL) granulated sugar, divided
¼ cup	(50 mL) warm water (105°F-115°F/50°C-56°C)
1 tbsp	(15 mL) active dry yeast
1 cup	(250 mL) <b>Carnation®</b> Fat Free Evaporated Skim Milk
3 ½ cups	(875 mL) <b>Robin Hood®</b> Best for Bread Flour
2 tbsp	(30 mL) cinnamon
1 tsp	(5 mL) ground nutmeg
½ tsp	(2 mL) salt
¼ tsp	(1 mL) ground cloves
¼ cup	(50 mL) <b>Crisco®</b> Vegetable Oil
2	eggs, beaten
½ cup	(125 mL) dried currants
¼ cup	(50 mL) mixed candied peel or candied fruit, chopped

## Glaze

2 tbsp	(30 mL) each; granulated sugar and hot water
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## Frosting

¾ cup	(175 mL) icing sugar
1 tbsp	(15 mL) <b>Carnation</b> Fat Free Evaporated Skim Milk

**1. Buns:** Dissolve 1 tbsp (15 mL) sugar in water. Sprinkle over yeast and let stand for 10 minutes or until frothy. Heat evaporated milk until just steaming.

**2. In a bowl,** blend remaining sugar, flour, cinnamon, nutmeg, salt and cloves; make a well. In a separate bowl, whisk evaporated milk, oil and eggs. Combine milk and yeast mixtures to flour mixture, stirring until a soft dough forms.

**3. Knead dough** on a lightly floured surface, adding extra flour as needed, for 8 minutes or until smooth. Place in a lightly oiled bowl turning to coat. Cover and place in a warm area to rise for 1 hour or until doubled in size.

**4. Punch down dough;** turn out onto a lightly floured surface; knead in currants and peel. Roll into a log and cut into 12 pieces. Shape into balls and place on a greased baking sheet. Cover and let rest for 20 minutes.

**5. Preheat oven** to 400°F (200 °C). Bake buns for 12 minutes or until golden brown.

**6. Glaze:** Heat sugar with water over medium heat until dissolved; brush over hot buns.

**7. Frosting:** Blend icing sugar with evaporated milk. Pipe a cross on each of the cooled buns.



**Nutrients Per Serving: 1 bun (3.9 OZ)** Cal 311 | Pro 8.5 g  
Fat 6 g | Carbs 57.2 g | Fibre 2.2 g | Sodium 136 mg | Chol 32 mg



# Strawberry Streusel Loaf

**Prep:** 15 minutes + 1 hour for chilling | **Bake:** 65 minutes | **Makes:** 12 servings | **Freezing:** excellent

## Streusel

½ cup (125 mL) walnuts, finely chopped  
 ¼ cup (50 mL) granulated sugar  
 1 tsp (5 mL) ground cinnamon  
 1 tbsp (15 mL) **Crisco**® All-Vegetable Shortening

## Loaf

1 cup (250 mL) brown sugar, packed  
 ½ cup (125 mL) **Crisco** Vegetable Oil  
 1 egg  
 ¾ cup (150 mL) **Carnation**® Fat Free Evaporated Skim Milk  
 1 tsp (5 mL) vanilla extract  
 2 cups (500 mL) **Robin Hood**® **Nutri**™ Flour Blend  
 1 tsp (5 mL) each; baking powder and ground cinnamon  
 ½ tsp (2 mL) each; baking soda and salt  
 1 ½ cups (375 mL) fresh or frozen strawberries, chopped

1. Preheat oven to 350°F (180°C). Grease a 9" x 5" (2 L) loaf pan.
2. Streusel: Blend walnuts, sugar, cinnamon and shortening until crumbly; reserve.
3. Loaf: Stir brown sugar with oil until combined. Beat in egg, evaporated milk and vanilla until smooth. In a separate bowl, mix flour with baking powder, cinnamon, baking soda and salt. Add the flour mixture to the milk mixture; stir until moistened. Fold in strawberries.
4. Spread the loaf batter into prepared loaf pan. Sprinkle with streusel mixture.
5. Bake for 60-65 minutes or until a toothpick inserted into the centre comes out clean. Cool in pan for 15 minutes. Remove from pan and cool on wire rack for 1 hour. Scoop up and replace any fallen streusel. Serve warm or at room temperature.



Nutrients Per Serving: 1 serving (3.5 OZ) Cal 312 | Pro 5.8 g  
 Fat 14.4 g | Carbs 42.2 g | Fibre 3 g | Sodium 203 mg | Chol 16 mg



# Cream Puffs with Chocolate Drizzle

**Prep:** 15 minutes | **Bake:** 50 minutes (25 minutes x 2) | **Makes:** 40 puffs | **Freezing:** excellent

## Pastry

1 cup	(250 mL) water
½ cup	(125 mL) <b>Crisco</b> ® All-Vegetable Shortening
¼ tsp	(1 mL) salt
1 ¼ cups	(300 mL) <b>Robin Hood</b> ® All Purpose Flour
4	eggs

## Chocolate Sauce

1 can	(300 mL) <b>Eagle Brand</b> ® Low Fat Sweetened Condensed Milk
1 cup	(250 mL) semi-sweet chocolate chips
¼ cup	(50 mL) prepared strong coffee

whipped cream, sweetened (canister or homemade)  
icing sugar (optional)

1. Preheat oven to 425°F (220°C). Line two baking sheets with parchment paper.

2. Pastry: Heat water, shortening and salt over high heat to a boil; remove from heat. Add flour and stir vigorously. Reduce to medium heat. Cook, stirring briskly for about 1 minute or until mixture comes away from the sides of the pot in a smooth ball; transfer to a mixing bowl.

3. Mix dough on low for 1 minute to cool slightly. Beat in eggs, one at a time, until dough is shiny and smooth. Drop level tablespoonfuls (15 mL) of dough onto prepared sheets. Bake, one sheet at a time, for 25 minutes or until golden and puffed (Do not open oven during baking). Transfer puffs to a wire rack to cool completely, 30-40 minutes.

4. Chocolate Sauce: Blend sweetened condensed milk, chocolate chips and coffee over medium heat; cook, stirring until melted and glossy. Cool to room temperature and reserve.

5. Poke a hole in the bottom of each cream puff or slice in half. Insert nozzle of whipped cream canister or tip of a piping bag to fill each puff. Drizzle with chocolate sauce and sprinkle with icing sugar just before serving.

**Tip:** Reserve any leftover chocolate sauce in the refrigerator for up to 1 week.



**Nutrients Per Serving: 1 cream puff (1.3 OZ)** Cal 115 | Pro 2.2 g  
Fat 6.1 g | Carbs 12.6 g | Fibre 0.4 g | Sodium 34 mg | Chol 23 mg



# Simple Mini Cheesecakes

**Prep:** 1 hour + 1 hour for chilling | **Bake:** 15 minutes + 10 minutes to cool |  
**Makes:** 24 mini cheesecakes | **Freezing:** excellent without topping

## Crust

1 ½ cups (375 mL) **Robin Hood**® All Purpose Flour  
½ cup (125 mL) ground almonds  
1 tbsp (15 mL) ground ginger  
¼ tsp (1 mL) salt  
½ cup (125 mL) **Crisco**® All-Vegetable Shortening, cold and cubed  
1 egg yolk  
1 tsp (5 mL) white vinegar  
ice water

## Filling

24 oz (750 g) brick style cream cheese, softened (3 packages)  
1 can (300 mL) **Eagle Brand**® Low Fat Sweetened Condensed Milk  
1 tsp (5 mL) each; lime zest, finely grated, and vanilla extract  
3 eggs

1. Preheat oven to 350°F (180°C). Line two 12 cup muffin pans with paper liners.

2. Crust: In a food processor, combine flour, almonds, ginger and salt. Pulse in shortening until mixture resembles coarse crumbs.

3. In a measuring cup, whisk egg yolk with vinegar. Add enough ice water to make ½ cup (75 mL). Drizzle over flour mixture; pulse until pastry holds together. Form into a disc; wrap and refrigerate for 1 hour.

4. Roll out pastry to ¼" (5 mm) thick; cut into rounds to line the bottom of muffin pans. Prick all over and bake for 15 minutes; cool slightly.

5. Filling: Beat cream cheese on medium until smooth. Add in sweetened condensed milk, lime zest and vanilla. Beat in eggs one at a time.

6. Divide mixture between prepared muffin cups. Bake for 15 minutes or until set but still jiggly. Turn off oven, set the door ajar and leave cheesecakes in oven for 10 minutes. Remove from oven and cool to room temperature until chilled completely.

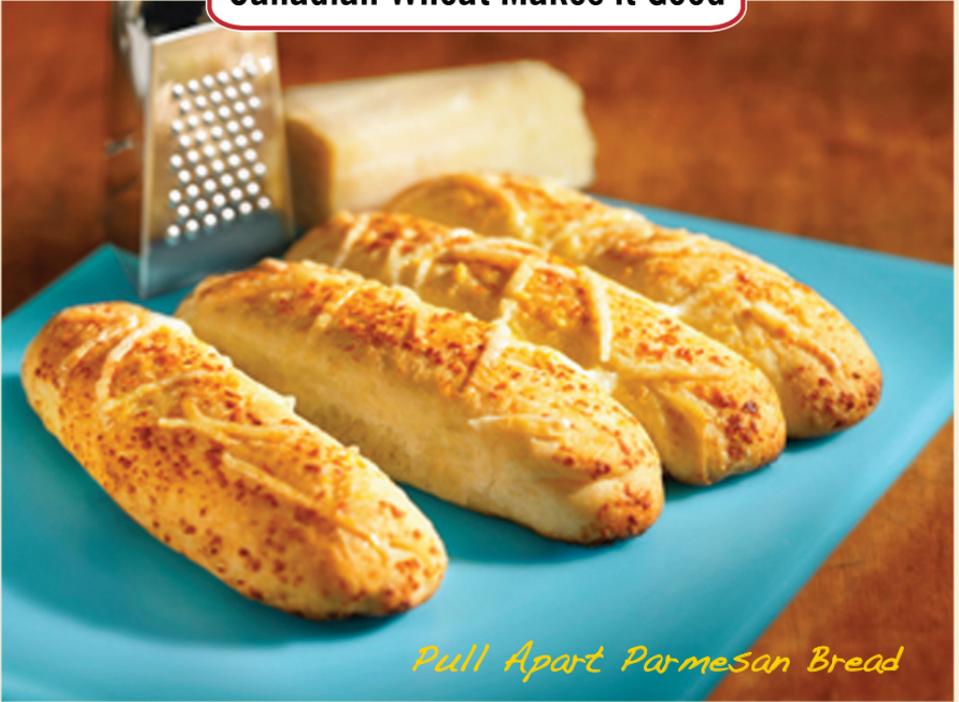
**Tip:** Garnish with your favourite fruits just before serving.



**Nutrients Per Serving: 1 mini cheesecake (2.4 OZ)** Cal 257 | Pro 6 g  
Fat 18.5 g | Carbs 17.2 g | Fibre 0.4 g | Sodium 142 mg | Chol 68 mg



## Canadian Wheat Makes it Good



*Pull Apart Parmesan Bread*

*Nothing draws a family together like the aroma of warm, fresh, home baking. When you use Robin Hood® Flour you are adding the unsurpassed goodness of 100% Canadian Wheat. After all, we want your family to have nothing but our best.*

*For this recipe and more, visit [robinhood.ca](http://robinhood.ca)*

# Robin Hood® Nutri™ Flour Blend

*can be substituted, cup for cup for All Purpose Flour!*

- *Tastes like white flour*
- *As soft as white flour with all the fibre of whole wheat flour*
- *A blend of our finest unbleached flour and ground wheat bran*



**Nutri™** Flour Blend contains 3 grams of fibre per serving.