

Petite Pumpkin Buns



Ingredients

3/4 cup milk

1/2 cup brown sugar

1 tsp. yeast

3/4 cup pumpkin puree

1/4 cup molasses

1/4 cup coconut oil

2 tsp. ground cinnamon

1/4 tsp. ground nutmeg

1/4 tsp. ground ginger

1/8 tsp. ground cloves

1 tsp. pure vanilla extract

1/4 tsp. salt

3-1/4 cup flour

Whole blanched almonds

Directions

Pour milk and sugar into a small saucepan and heat over medium-low. Stir continuously until the sugar has dissolved. Remove from heat, transfer 1/4 cup of the sweetened milk to a small bowl and set aside to use later. Pour the remaining liquid into the large bowl of an electric mixer and set aside until warm.

Add yeast, pumpkin puree, oil, spices, vanilla extract and salt to the cooled milk. Attach a dough hook and mix on low speed for 1 minute. Keep speed on low and gradually incorporate the flour, mixing until thoroughly blended. Increase speed to medium-high and mix for 3 minutes or until dough pulls away from the sides of the bowl.

Grease the inside of a separate bowl and set aside. Remove dough from mixing bowl, shape into a ball and transfer to the oiled bowl. Cover with a dish towel and place in a warm spot for 1 hour or until dough doubles in size.

Line a baking sheet with parchment paper and set aside. Sprinkle flour on a wooden board or counter. Remove dough from bowl, place on floured surface and cut into 8 equal parts. Knead each piece lightly then roll into a ball. Flatten slightly before cutting 8 slits all around each pumpkin. Place sliced dough balls on prepared baking sheet. Insert one blanched almond into the top of each pumpkin and twist slightly to secure. Cover with a damp towel, move to a warm location and let rise for 30 minutes.

Preheat oven to 375° F.

Brush the surface of each pumpkin with the remaining milk mixture. Place in oven and bake for 18 to 22 minutes or until golden brown. Remove from oven and transfer to a wire rack. Allow to cool completely before eating.