



HELLO, PARENTS & GUARDIANS!

WE ARE BEEZEE BODIES, AND WE WORK WITH GLOUCESTERSHIRE COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR CHILDREN AND THEIR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES GROUPS STARTING NEAR YOU IN MAY (PLUS LOTS OF ONLINE SUPPORT AVAILABLE TOO).

SIGN UP FOR FREE TODAY!



SCAN ME WITH
YOUR SMARTPHONE
CAMERA!

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Gloucestershire and include one child age 5-15 who is above their ideal healthy weight.

LET'S MAKE HOT CROSS BUNS!



WHAT YOU'LL NEED:

For the buns:

500g wholemeal flour
60g HalfSpoon sugar
7g fast-action yeast
75g sultanas
25g dried mixed fruit
1 tsp ground cinnamon
1 tsp mixed spice
300ml skimmed milk
30g low-fat spread
1 egg

For the crosses:

75g plain flour
75ml water

For the glaze:

3 tbsp apricot jam

WHAT TO DO:

1. Add the flour, half spoon, yeast, sultanas, mixed fruit, cinnamon and mixed spice to a large mixing bowl and mix together.
2. Add the milk and spread to a small saucepan and bring to a slight simmer before removing from heat.
3. In a separate bowl, whisk the egg.
4. Create a well in the flour mixture and gradually stir in the wet ingredients to form a dough.
5. Transfer to a floured surface and knead for 5 minutes.
6. Return the dough to the bowl, cover with cling film or a clean tea towel and leave to rise for 1 hour or until the dough has doubled in size.
7. Transfer the dough onto a floured surface and squeeze out the air. Split the dough into 15 equally sized pieces (about 70g each). Shape each piece into a bun and place on a baking tray lined with baking paper.
8. Cover the buns with cling film or a clean tea towel and leave to prove for 1 hour.
9. Preheat the oven to 200C. In a small bowl, mix the flour and water to form a paste to create the crosses. Transfer the paste into a piping bag or sealable food bag (you can cut off a corner of the bag to act as a nozzle)
10. Once the buns have proved, pipe crosses onto the top of each bun. Bake in the oven for 15-20 minutes until golden.
11. Gently heat 3 tbsp apricot jam in a pan and glaze the buns while they are still warm. If you don't have a pastry brush to glaze with, you can just use the back of a spoon.

