



ALLERGIES:

No grains
No dairy
No gluten

Prep time: 15 mins + stand time 20 mins

Cook time: 12-15 mins

Serves: 10 small rolls

INGREDIENTS

- 2 tbsp coconut oil, melted
- 1 egg
- 1 tbsp honey
- 1 tsp vanilla extract
- 1 1/2 cups hazelnut flour
- 1 tbsp coconut flour
- 1 tsp baking soda
- Pinch salt
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FILLING

- 1 tbsp cinnamon
- 2 tbsp honey (to drizzle)
- 12-14 fresh cherries, seeded and finely chopped
- 1/4 cup pecan nuts, chopped finely

METHOD

- Mix together in bowl coconut oil, egg, honey and vanilla.
- Add hazelnut flour, coconut flour, baking soda and salt and mix well.
- Lay a piece of baking paper flat, place dough onto it and cover with another piece.
- Roll dough out into a long rectangle and remove top paper.
- Sprinkle cinnamon over top, and drizzle honey over that.
- Sprinkle with chopped pecans and cherries
- Using the baking paper, roll dough into a log, place in freezer for 20 minutes to harden.
- Preheat oven to 160°C (325°F)
- Slice chilled log into 10 slices and lay slices on their side on lined baking tray.
- Bake for 10-12 minutes, until golden brown
- Make glaze by combining honey, coconut cream and mixed spice and mix until smooth.
- Drizzle glaze over cooked rolls, and serve warm.

STICKY CHERRY AND PECAN PINWHEELS



GLAZE

- 2 tbsp honey
- 2 tbsp coconut cream
- 1/4 tsp mixed spice