



# Vegan Sweet Buns with Cranberry Filling

⌚ Preparation time: 30 minutes

👤 Portions: 8

🕒 Cooking time: 95 minutes

**Total time: 125 minutes**

## Ingredients (serves 6-8)

### For the yeast dough

- 500 g (4 cups) (spelt) flour
- 1 packet of dry yeast (or 1/2 cube of fresh baking yeast)
- 80 g (0.4 cups) cane sugar
- 1 tsp. cinnamon
- 250 ml (1 cup) plantbased milk
- 70 g (2.4 oz) margarine

### For filling & garnish

- 250 g (8.8 oz) cranberries
- 1 apple
- Fresh juice of 1 orange | approx. 50 ml orange juice
- 4 tbsp. maple syrup or agave syrup
- 1-2 tsp. cinnamon
- 35 g (1.2 oz) margarine
- 25 g (0.9 oz) almond flakes resp. chopped almonds + some more for garnish
- 30 g (1.05 oz) vegan marzipan
- Some icing sugar for dusting (optional)

### For the glazing

- 50 g icing sugar
- 2 tbsp. lemon juice

## Instructions (30 minutes preparation time + 65 minutes for letting sit the dough + 24 minutes baking)

1. Mix spelt flour with a packet of dry yeast, cane sugar and 1 tsp. cinnamon. Heat the plantbased milk and melt the margarine in it. Then mix the warm plantbased milk (very warm, but not boiling or too hot!!) with the dry ingredients and knead for 3-4 minutes until the dough is smooth.
2. Cover the yeast dough and let it rise in a warm place for 45-60 minutes.
3. Wash the cranberries. Wash an apple and grate finely (see next picture).
4. Heat the grated apple and cranberries in a saucepan without oil. Simmer for a few minutes until the cranberries start to pop (you can hear it popping!!). Add 4 tbsp maple syrup and 1-2 tsp cinnamon and caramelize the cranberries lightly. Add the orange juice and let it simmer gently for another 4-5 minutes. Puree the cranberries and season the sauce/filling with agave syrup or maple syrup.
5. Melt the margarine in a saucepan and spread on a baking tin. I use a classic tart tin with a diameter of 27 cm (10.62 inch). Keep 1 tablespoon of liquid margarine for later use.
6. Knead the risen yeast dough vigorously on a floured work surface and roll out in a rectangular shape (dimensions of the rolled out dough sheet approx. 55 x 35 cm/21.6x13.7 inch). Spread the cranberry sauce on the dough. Crumble the marzipan between your fingers and spread over it. Sprinkle the almond flakes over the filling.
7. Roll up the dough from the long side, cut it into 12-14 pieces, layer them upright into the greased baking tin, open them slightly with your fingers and let them rest for another 15-20 minutes (the more they rise, the more fluffy the result!). Heat the oven to 190 °C/ 374 ° top and bottom heat.
8. Bake the sweet buns at 190 °C/374 °F top and bottom heat for 17-20 minutes. After 10 minutes baking time brush the buns with melted margarine.
9. Mix the icing sugar and lemon juice to a glaze and sprinkle over the fresh sweet buns. Sprinkle the buns with icing sugar and garnish with almond flakes.

If you like, you can dust the sweet buns with icing sugar. The portion is enough for 6-8 persons. The sweet buns become incredibly fluffy, soft and fruity. It is also a delicious dessert for Christmas. The vegan sweet buns are so soft and wonderful. The cranberries make them fruity and particularly tasty.

### You may also like

- [Cranberry-X-Mas](#)
- [Gebackener cashew-Mozarella](#)
- [Süßkartoffel-Muffins](#)

## Zutaten (für 12 Schnecken)

### Für den Hefeteig

- 500 g Dinkelmehl type 630
- 1 Päckchen Trockenhefe (oder 1/2 Würfel frische Hefe in der warmen Flüssigkeit auflösen)
- 80 g Rohrzucker
- 1 TL Zimt
- 250 ml Pflanzendrink
- 70 g Margarine (z.B. Bio-Aslan)

### Für die Füllung & zum Garnieren

- 250 g Cranberries
- 1 Apfel
- Saft von 1 Orange | ca. 50 ml Orangensaft
- 4 EL Ahornsirup (oder Agavendicksaft oder Reissirup)
- 1-2 TL Zimt
- 35 g Margarine (z.B. Bio-Aslan)
- 25 g Mandelblättchen + Mandelblättchen zum Garnieren
- 30 g veganes Rohmarzipan
- Etwas Puderzucker zum Bestäuben

### Für die Glasur

- 50 g Puderzucker
- 2 EL Zitronensaft

---

## Instructions (30 minutes preparation time + 65 minutes for letting sit the dough + 24 minutes baking)

1. Mix spelt flour with a packet of dry yeast, cane sugar and 1 tsp. cinnamon. Heat the plantbased milk and melt the margarine in it. Then mix the warm plantbased milk (very warm, but not boiling or too hot!!) with the dry ingredients and knead for 3-4 minutes until the dough is smooth.
2. Cover the yeast dough and let it rise in a warm place for 45-60 minutes.
3. Wash the cranberries. Wash an apple and grate finely (see next picture).
4. Heat the grated apple and cranberries in a saucepan without oil. Simmer for a few minutes until the cranberries start to pop (you can hear it popping!!). Add 4 tbsp maple syrup and 1-2 tsp cinnamon and caramelize the cranberries lightly. Add the orange juice and let it simmer gently for another 4-5 minutes. Puree the cranberries and season the sauce/filling with agave syrup or maple syrup.
5. Melt the margarine in a saucepan and spread on a baking tin. I use a classic tart tin with a diameter of 27 cm (10.62 inch). Keep 1 tablespoon of liquid margarine for later use.
6. Knead the risen yeast dough vigorously on a floured work surface and roll out in a rectangular shape (dimensions of the rolled out dough sheet approx. 55 x 35 cm/21.6x13.7 inch). Spread the cranberry sauce on the dough. Crumble the marzipan between your fingers and spread over it. Sprinkle the almond flakes over the filling.
7. Roll up the dough from the long side, cut it into 12-14 pieces, layer them upright into the greased baking tin, open them slightly with your fingers and let them rest for another 15-20 minutes (the more they rise, the more fluffy the result!). Heat the oven to 190 °C/ 374 ° top and bottom heat.
8. Bake the sweet buns at 190 °C/374 °F top and bottom heat for 17-20 minutes. After 10 minutes baking time brush the buns with melted margarine.
9. Mix the icing sugar and lemon juice to a glaze and sprinkle over the fresh sweet buns. Sprinkle the buns with icing sugar and garnish with almond flakes.

If you like, you can dust the sweet buns with icing sugar. The portion is enough for 6-8 persons. The sweet buns become incredibly fluffy, soft and fruity. It is also a delicious dessert for Christmas. The vegan sweet buns are so soft and wonderful. The cranberries make them fruity and particularly tasty.