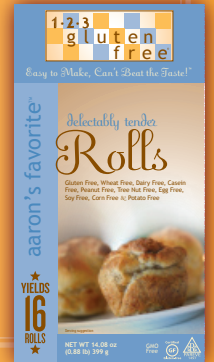


# orange pecan STICKY buns



## DOUGH:

1 package 1-2-3 Gluten Free®  
Aaron's Favorite Rolls Mix  
4 Tbsp. unsalted butter or  
unsalted margarine, softened  
1½ c. lowfat milk  
1 large egg, room temperature

## FILLING:

½ c. unsalted butter or  
unsalted margarine, softened  
1 c. granulated sugar  
2 tsp. grated orange zest  
(or ½ tsp. dry)  
¼ c. chopped pecans

## FROSTING:

2 Tbsp. unsalted butter or unsalted  
margarine, softened  
1½ oz. cream cheese (half of a  
3 oz. pkg.), softened  
¾ c. confectioner's (powdered) sugar  
½ tsp. grated orange zest (or ⅛ tsp. dry)  
1½ Tbsp. orange juice

- ① Spray 12 sections of a standard muffin pan with Pam Butter Spray (or other non-stick cooking spray).
- ② Pour Mix, yeast (from packet included with mix), butter, milk and egg into the bowl of a mixer with a paddle attachment. Mix until fully incorporated—it will resemble a thick batter more than a dough.
- ③ Mix together all the filling ingredients with a fork until they are well blended.
- ④ Scoop one rounded tablespoon of dough into each muffin compartment. Spoon some filling on top of this dough, dividing it equally among the 12 buns. Scoop the remaining dough equally into the 12 buns to cover the filling. Try to make the top layer of dough meet and stick to the bottom layer all the way around the edge of each bun. Place the buns in a warm non-drafty place to rise for 45–60 minutes. They will not rise much.
- ⑤ Bake at 400° F for 22–25 minutes. It's okay if the filling has spilled out the sides of the buns. Cool in the muffin pan for 15 minutes before removing to your serving plate.
- ⑥ Mix together all the frosting ingredients, adding just enough orange juice to make a smooth frosting. Frost the top of each bun. Serve and Enjoy! Makes 12.

*Thank you to Victoria K. at the Tidewater Inn in Madison, CT for creating and submitting this recipe. We understand the Tidewater Inn is quite accommodating to those with special dietary requirements.*

