

# Emily Richards

Emily Richards is a professional home economist, freelance food writer, chef and cookbook author who also enjoys culinary instruction for home cooks who want to learn more and have fun in the kitchen. She is the author and co-author of 9 cookbooks which include topics from Italian cuisine, weeknight dinners, glycemic index diets and comfort foods.



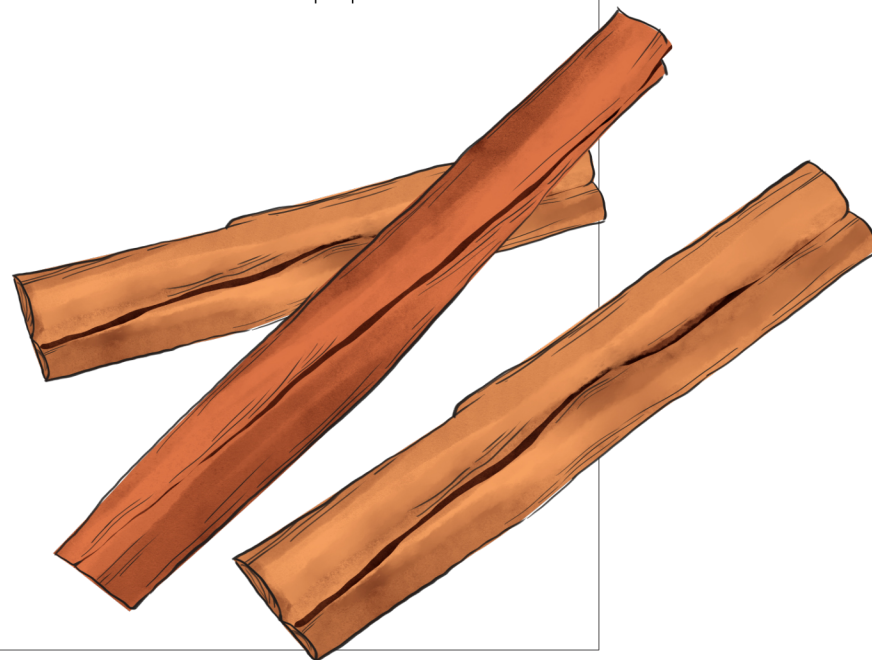
Emily writes and develops recipes for cookbooks, print and online publications and websites that include everyday cooking and healthy eating. Emily's varied skills have allowed her to engage with consumers and colleagues to share her passion for food through trade and consumer shows, radio and television appearances. You can follow Emily for more information and recipes on Facebook Emily Richards Cooks and Instagram and Twitter.

## Mom's No Yeast Cinnamon Buns

These biscuit style cinnamon buns are perfect to enjoy with a cup of tea or coffee with mom or any special person on any day you want to sit back and chat about a memory or two. They are best served warmed out of the oven or pop them in the microwave to reheat them before serving.

### Dough Ingredients

2 cups (500 mL) all purpose flour  
4 tsp (20 mL) baking powder  
1/4 tsp (1 mL) salt  
1/2 cup (125 mL) butter or shortening, cubed  
2/3 cup (150 mL) milk (approx)



### Ingredients for the Parchment Paper

1/2 cup (125 mL) butter  
1/2 cup (125 mL) packed brown sugar

### Filling Ingredients

1/2 cup (125 mL) butter, very soft but not melted  
1/2 cup (125 mL) packed brown sugar  
2 tsp (10 mL) ground cinnamon

Preparation Time  
20 minutes

Cook Time  
30 minutes

### Instructions

In a small saucepan, melt butter and sugar together, whisking occasionally over medium heat until smooth and combined. Pour into parchment paper lined 8 inch (2 L) baking dish; spread evenly across bottom; set aside.

For the dough...

In a large bowl, stir together flour, baking powder and salt. Cut butter into flour using your fingers until the mixture is crumbly looking. Drizzle in milk and stir using a fork to combine. Bring dough together and knead gently on a lightly floured surface to make smooth dough. Roll out dough on a floured surface to make a 14 inch (35 cm) square.

For the filling...

In a bowl, stir together butter, sugar and cinnamon until very smooth. Spread evenly all over dough right to the edges. Roll up dough, jelly roll style and pinch seam along edge. Cut log into 9 equal pieces and place into a prepared baking dish.

Bake in the centre of a 400 F (200 C) oven for about 20 minutes or until golden brown and sauce is bubbly. Let stand for 3 minutes before turning out onto a platter.

Makes 9 buns.

Tips: Depending on what flour you are using, you may need to drizzle a bit more milk into dough or if the dough is too wet knead in a bit of flour. The best thing to do is drizzle the milk in a little bit at a time and look at the dough and feel the texture to see if it's holding its shape.



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