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December's Tasty Recipe List

The theme for December is winter. The following recipe is provided for you to have a filling breakfast to start your day before your winter outside activities. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

Sticky Quickies

Ingredient:

¾ cup milk, scalded
¼ cup sugar
1 tsp. salt
¼ cup butter, softened
2 pkg. active dry yeast
½c. warm water
1 egg
3¼ cup flour

TOPPING:

¾ cup butter
1 c. firmly packed brown sugar
2 tbsp. sugar
1 tsp. cinnamon
1 tbsp. light corn syrup
1 tbsp. hot water
¾ cup chopped nuts

Heat oven to 375 degrees. Makes 24-30 sticky buns.

In large mixing bowl, combine milk, sugar, salt, and butter; stir until butter is melted. Dissolve yeast in warm water. Add yeast and egg to milk mixture. Add 2 cups flour; beat vigorously until smooth. Gradually blend in remaining flour to form a stiff batter. Cover; let rise in warm place until light and doubled in size, about 30 minutes.

While dough is rising, prepare topping by combining all ingredients in saucepan. Heat over low heat, stirring constantly. Pour into well greased 9 x 13 cake pan.

Stir down yeast batter. Drop dough by scant tablespoons into "topping" cake pan, lining the tablespoons/balls of dough side-by-side. Cover; let rise in warm place until light and doubled in size, about 30 minutes. (Place pan on foil cookie sheets to guard against spill-overs in oven.) Bake for 12-15 minutes until golden brown. Let cool 1 minute; then invert onto cookie covered with waxed paper.