

Cinnamon Monkey Bread

By Kenneth Larson

6 servings



Ingredients:

Dough

1 Cup Bisquick
½ tsp oil
4 Tbsp. Instant Milk
1 ½ tsp Butter Powder
¼ tsp Dry Vanilla Power
½ tsp Ova Dried Egg Mix
1/3 Cup (~80g) Dried Blueberries & Dried
Cranberries OR Raisins & Dried Cherries
1/4+ Cup water

Topping

1 Tbsp. Brown Sugar & ½ Tbsp. Chopped
Pecans & Walnuts

Coating

1 Tbsp. Brown Sugar, 1 Tsp. Cinnamon, ½
Tbsp. Chopped Pecans & Walnuts & 1 Tbsp
Butter Powder

Mix the Dough ingredients together in a plastic bag until soft dough forms. Lightly oil a 5” round pan and place a parchment paper disk (slightly smaller than the diameter of the pan) on the bottom of the Fat Daddio's Pan. Sprinkle the Topping into the pan and spread out to form an even layer. Mix the Coating ingredients together in a plastic bag till creamy.

Flatten dough in plastic mixing bag, cut bag longitudinally down the mid portion and then cut left and right to open bag. Divide Dough into 6 pieces using a spatula/knife. With oiled hands, roll dough into 6 equal sized balls (~1-inch) and then roll them in the Coating. Make sure that all sides of the dough are covered. Place the coated dough balls randomly into the Fat Daddio's Pan. Pat down the dough to make an even layer across the top of the pan. Sprinkle the remaining Coating on top of dough.

Cooking time ~45 minutes. Remove pan; cool 10 minutes. Serve warm.

Equipment

Epicurean Stove + 1 Esbit tablet

5" Fat Daddio's Pan

Nutrition Facts	
User Entered Recipe	
6 Servings	
Amount Per Serving	
Calories	287.5
Total Fat	21.9 g
Saturated Fat	12.7 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	6.3 g
Cholesterol	52.1 mg
Sodium	306.1 mg
Potassium	110.7 mg
Total Carbohydrate	23.2 g
Dietary Fiber	0.6 g
Sugars	9.1 g
Protein	2.1 g