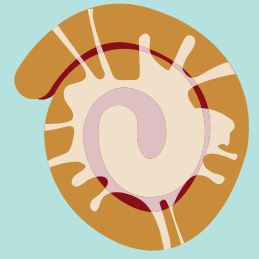


MINDFUL BAKING

# Cinnamon Scrolls



**Ready in:** 50 mins    **Serves:** 18

Cooking or baking with mindful awareness involves being present and engaged with what you are doing, rather than being half focused on other things as so many of us often are. It's about pausing to appreciate your ingredients; bringing mind and body together as you cook; and consciously engaging your senses. Cooking mindfully is a different and satisfying experience. Why not give it a go by following our mindful prompts as you bake a batch of scrumptious cinnamon scrolls?

## Ingredients:

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### Dough:

- 2 cups flour
- 2 tablespoons castor sugar
- 4 teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons butter
- 3/4 cup milk

### Filling:

- 4 tablespoons butter (softened)
- 1 cup brown sugar
- 3 teaspoons cinnamon

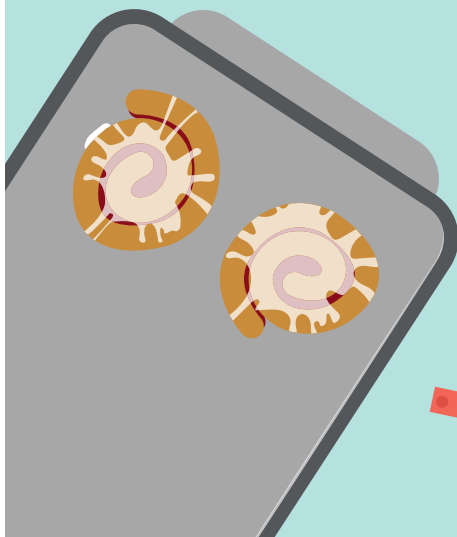
### Glaze:

- 1/2 cup icing sugar
- 1/4 cup milk

## Preparation:

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1. Before you begin, take a moment to consider why you are baking today. Notice your state of mind and mood as you approach this activity. Are you viewing it as a chore you need to get done as quickly as possible? Or are you viewing it as an opportunity to be creative, to make something tasty to share with people you care about? Try to be curious and notice your state of mind without judging yourself.
2. Next, you might like to set an intention to bring mindful awareness to this activity – to complete one task at a time, rather than doing multiple things at once; to pay more deliberate attention to the aromas and textures as you bake; to notice when your mind wanders off (which it will!) and gently bring your attention back to what you are doing.



## Method:

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### 1. Preheat oven to 200°C (180°C fan forced).

*Begin to measure out each ingredient one at a time. See if you can take your time as you do this, noticing any urge to rush this process. As you measure out each ingredient consider where it has come from... consider all of the people involved in its production... take a moment to appreciate the ready access you have to each of the ingredients required to make this recipe.*

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### 2. In a small bowl combine the ingredients for the filling to form a crumbly mixture.

*Use your hands to do this... as you combine the ingredients pay attention to the sensations against your skin... notice the different textures... the aromas...*

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### 3. Spread 1/2 of the mixture over the bottom of a 9x9 tray.

*As you complete this step try to stay focused on what you are doing, bringing mind and body together... It may take you some time to evenly spread the mixture across the tray, so practise patience with yourself.*

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### 4. In a large bowl mix together flour, castor sugar, baking powder, and salt.

*As you stir really pay attention to what you are doing... see if you can slow down a little and create a rhythm as you stir... you might coordinate your breath with the rhythm of stirring...*

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### 5. Add in the softened butter.

*Again, use your hands and notice the texture of the butter between your fingers... what does it feel like against your skin?...*

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### 6. Stir in milk to form a soft dough.

*Notice the changing textures as the ingredients combine...*

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### 7. Roll out dough on a lightly floured surface into a rectangle about 70mm thick.

*Take your time with this step... Consciously engage your sense of touch as you roll out the dough...*

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### 8. Spread the remaining filling on the dough, and roll it up to make a long log.

*If you find your mind wandering, just notice, and gently bring your awareness back to what you are doing...*

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### 9. Slice the dough into your desired sized rolls, and place on top of the crumbly mixture in the tray.

*Consciously engage your sense of sight as you place each roll onto the tray – notice the shape, the colours, the pattern of each one...*

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### 10. Bake for 20–25 min.

*Once the scrolls are in the oven, take a few moments to pause and take 2 or 3 deep breaths...*

*Now that the scrolls are in the oven pause for a few moments before moving onto the next step. Take 2 or 3 deeper breaths... notice the sensations of your breath in your body... the gentle rise and fall of your chest and belly... the sound of your breath... as you breathe deeply appreciate your efforts so far... then allow your breath to settle back into its natural rhythm...*

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### 11. For the glaze, combine the icing sugar and milk in a small bowl and stir until smooth.

*See if you can notice the sounds of your spoon against the bowl as you mix the ingredients together...*

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### 12. Once rolls are finished, drizzle on glaze and serve warm.

*As you complete this step, take a moment to appreciate the final product... feel proud of your creation... a delicious handmade treat created mindfully for you to enjoy and share with others.*

*Before taking your first bite, pause and enjoy the aroma of your freshly baked cinnamon scrolls. Then, as you eat, see if you can really taste and appreciate each mouthful. Yum!*

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