



Long Livo

Cruffin Recipe: Easy Semi-Homemade Treat

20 min

Prep time

8

Servings

15 min

Cook time

Medium

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Dough

- ☐ 2 ½ cups all-purpose flour
- ☐ ¼ cup cold butter, cubed
- ☐ ¼ cup cold butter, for lamination
- ☐ ¼ cup milk, chilled
- ☐ 2 tbsp sugar
- ☐ 1 tsp instant yeast

- ☐ ½ tsp salt

Filling & Glaze

- ☐ ½ cup brown sugar
- ☐ 2 tsp ground cinnamon
- ☐ 2 tbsp melted butter
- ☐ 1 tbsp honey
- ☐ 1 tsp lemon juice

Instructions

- 1** In a bowl combine flour, sugar, salt, and yeast; add the chilled milk and ¼ cup butter, mixing until a shaggy dough forms.
- 2** Turn the dough onto a lightly floured surface, knead gently for 1-2 minutes, then shape into a rectangle, wrap in plastic, and chill for 30 minutes.
- 3** Place the second ¼ cup of cold butter between two sheets of parchment and pound with a rolling pin until thin; fold the butter slab into the chilled dough, roll out to a large rectangle, fold into thirds, and refrigerate 20 minutes. Repeat the roll-fold-chill process two more times.
- 4** Mix brown sugar, cinnamon, and melted butter for the filling. Roll the laminated dough into a ¼-inch thick sheet, spread the filling, and cut into squares; roll each square tightly from the short side, forming a crescent shape.
- 5** Place the shaped cruffins on a parchment-lined tray, brush with a mixture of honey and lemon juice, and bake at 375°F for 12-15 minutes until golden.
- 6** Allow the cruffins to cool slightly on a wire rack before serving warm.

Nutrition per serving

210 kcal

Calories

4 g

Protein

28 g

Carbs

9 g

Fat

Tips & notes

- If the dough feels sticky, dust lightly with flour; avoid adding too much.
- For extra shine, brush with an additional honey-lemon glaze after baking.
- Feel free to add a pinch of nutmeg to the filling for deeper spice.