

Monkey Bread

1 teaspoon active dry yeast
½ cup and 1 Tablespoon water
1 Tablespoon sugar
1 Tablespoon vegetable oil
¼ teaspoon salt
2 Tablespoons egg substitute
½ cup flour and ¾ cup flour

For dredging:

4 Tablespoons butter, melted
2 Tablespoons sugar
1 teaspoon cinnamon

Dissolve yeast in water and add sugar, oil, egg and salt.

Add ½ cup flour and stir well until mixture is smooth.

Let rise 15 minutes.

Spray 9" round pan lightly with cooking spray.

Add the remaining ¾ cup flour to the mixture.

Turn out dough on lightly floured surface and knead for about 3 minutes.

Divide dough into 16 pieces.

In another small shallow bowl, mix cinnamon and sugar.

In separate small bowl, melt the butter.

Preheat oven to 400 degrees.

Dip chunks of dough in butter, removing any excess butter by scraping dough along rim of bowl.

Roll the buttered chunk of dough in the cinnamon sugar mix and place in the greased pan.

Continue with the remaining dough chunks, dropping the pieces on top of one another, but not pressing them together.

Bake 12 - 15 minutes until golden brown.