



Meidi & Joe

Entree #16

Maple Pecan Cinnamon Buns

Prep Time: 5 min
Rack Height: liner pan
Power Level: HI
Cook Time: 28 min

Nuwave
INFRARED OVEN

www.nuwaveoven.com

Maple Pecan Cinnamon Buns



Serves: 6

Questions: 1-888-689-2831

Ingredients:

- 1/4 cup (1/2 stick) melted butter
- 1 cup maple syrup
- 2 cups pecans
- 2 tubes jumbo cinnamon buns

Cooking Instructions:

1. Mix melted butter with syrup.
2. Pour mixture directly on the liner pan and coat evenly.
3. Spread pecans on the liner pan.
4. Place cinnamon buns on top of pecans.
5. Tent with foil, and bake on power level HI for 10 minutes.
6. Remove foil, and continue baking for additional 18 - 20 minutes or until the buns are nicely browned.
7. Remove the liner pan from the base tray. Be careful as the liner pan will be hot.
8. Place a large plate on top of the liner pan, then turn the liner pan upside down to release the buns onto the plate.

Options & Cooking Tips:

- To melt butter in the Nu-Wave Oven, place butter in a dish on the 1 inch rack and cook on power level 8 for about 2 minutes until the butter has fully melted.
- To satisfy any sweet tooth, pour the ice frosting on top of the pecans just before serving.
- Enjoy the perfect cup of coffee fresh roasted in the i-Roast home coffee roaster. To learn more, go to www.i-roast.com.