

# Blueberry Vanilla Flower Buns

Course: **Breakfast, Buns, Dessert, Pastry**

| Servings    | Prep time          | Cooking time | Total time         |
|-------------|--------------------|--------------|--------------------|
| 10 servings | 2 hours 10 minutes | 15 minutes   | 2 hours 25 minutes |

## Ingredients

### For the Dough:

- 500g (4 cups) all-purpose flour
- 220ml (scant 1 cup) warm milk
- 1 cube (42g) fresh yeast or 2 ¼ tsp (7g) dry yeast
- 80g (⅓ cup) butter, softened
- 60g (¼ cup) granulated sugar
- 1 packet (8g) vanilla sugar
- 1 large egg

### For Brushing:

- 1 egg yolk
- 2 tbsp milk

### For the Filling:

- 1 packet (40g) vanilla pudding mix
- 500ml (2 cups) milk
- Sugar to taste
- Fresh blueberries
- Powdered sugar for dusting

## Directions

### Prepare the Dough

- 1** In a small bowl, mix warm milk with **yeast and sugar**. Let it sit for **10 minutes** until foamy. In a large bowl, combine **flour, vanilla sugar, butter, and egg**. Add the yeast mixture and knead into a smooth dough. Cover and let the dough rest in a **warm place for 2 hours** until doubled in size.

### Prepare the Vanilla Pudding

- 2** Cook the **vanilla pudding** according to package instructions using **milk and sugar**.  
Let it cool completely, covering the surface with plastic wrap to prevent a skin from forming.

### **Shape the Buns**

- 3** Divide the dough into **10 equal portions**. Take each portion and divide it further into **7 small balls**. Flatten one ball (this will be the center) and arrange the others around it in a **flower shape** on a parchment-lined baking sheet. Lightly press the center of each flower to create space for the filling.

### **Add the Filling**

- 4** In a small bowl, whisk **egg yolk and milk** together. Brush the flower buns with the egg wash. Fill the center of each bun with **vanilla pudding**, then place **fresh blueberries** on top.

### **Bake & Serve**

- 5** Preheat oven to **180°C (350°F)**. Bake for **15 minutes** or until golden brown.  
Let cool slightly, then dust with **powdered sugar** before serving.