

EASY STICKY BUNS

The Arizona Walnut is a type of tree that grows in Arizona. The Arizona Walnut grows very slowly and can live well over 20 years. When this tree is fully grown it can be 50 feet tall. In the spring and summer, the Arizona Walnut has yellow-green leaves and small brown flowers. During the fall and winter, the tree loses its leaves and the brown flowers become brown seeds, called walnuts.¹ With these walnuts you can make delicious goodies like sticky buns.

You need:

- 1 cup walnuts, finely chopped
- 1 package frozen yeast rolls (about 18)
- 1 ½ cups butter (2 ½ sticks)
- ½ cup packed brown sugar
- 1 (4 oz) package butterscotch pudding and pie filling mix
- 2 teaspoons ground cinnamon

Step 1: Spread the walnuts over the bottom of a bundt pan sprayed with nonstick cooking spray and top with the yeast rolls.

Step 2: Cook remaining ingredients, butter, brown sugar, butterscotch mix, and cinnamon, in a saucepan until blended, stirring frequently.

Step 3: Pour over the prepared layers.

Step 4: Let rise, covered with plastic wrap and a kitchen towel, for 8 to 10 hours.

Step 5: Preheat the oven to 350 degrees and bake for 20 to 25 minutes.

Step 6: Let stand for 15 minutes and then turn upside down onto a serving platter. Serve immediately. Serves 12.

***Recipe from Tastes & Treasures: A Storytelling Cookbook of Historic Arizona by the Historical League, Inc. Available for purchase at the Arizona Historical Society Museum at Papago Park, (480) 929-0292.**

¹ "Juglans major," United States Department of Agriculture. Characteristics.
<http://www.plants.usda.gov/java/charProfile?symbol=JUMA>.