

CINNAMON ROLLS



Ingredients

For the dough:

- 3/4 cup warm milk (about 100 degrees)
- 1 1/4 tsp yeast
- 3 cups all purpose flour
- 1 Tbsp baking powder
- 1 tsp salt
- 1/2 tsp cinnamon
- 1/4 cup sugar
- 6 Tbsp butter, melted
- 2 Tbsp egg, scrambled

For the cinnamon and sugar filling:

- 3 Tbsp very soft unsalted butter
- 1/4 cup granulated sugar
- 1 Tbsp Cinnamon

For the Glaze:

- 1 Cup Powdered Sugar
- 2 Tbsp Butter, Melted
- 3 Tbsp milk
- 1/4 tsp vanilla extract



Instructions

- Preheat oven to 350 degrees.

To make the dough:

- Warm milk to 100 degrees in the microwave for about 1 minute. Use a thermometer to check.
- Add yeast to the warm milk and stir with a whisk. Set aside and let stand for at least 5 minutes.
- In a medium bowl, whisk together the flour, baking powder, salt, cinnamon and sugar. Set aside.
- Melt the butter in the microwave safe bowl. Set aside.
- Crack an egg into a small bowl and whisk until well beaten.
- Once the yeast mixture has rested for at least 5 minutes, add it to the flour mixture with the melted butter and **2 Tbsp only** of the egg.
- Stir the dough until well combined.

Knead the Dough:

- Turn the dough out onto a well floured mat. Sprinkle the top of the dough with flour and begin kneading. Press gently with your flat hands and then fold the dough in half and press down again, adding more flour as needed. Keep doing this until the dough is smooth (3 - 5 minutes). Place a kitchen towel in top of your dough and allow it to rest while you prepare the cinnamon sugar.

To make the cinnamon rolls:

- Place the rested dough on a well floured mat.
- Using a floured rolling pin, roll the dough into a rectangle shape about 18" by 12". Use extra flour if it sticks to the mat or rolling pin.
- Using a spatula, evenly spread the very soft butter over the entire rolled out dough. Sprinkle with entire cinnamon and sugar mixture.
- Roll the dough up longways so you have a long tube of dough leaving the seam at the bottom.
- Cut the dough into 12 equal pieces and place them swirly side up in a muffin pan sprayed with non stick cooking spray
- Bake for 13 - 14 minutes until golden brown and well puffed.
- Remove from oven and cool slightly before icing.

Prepare the glaze:

- For the glaze, add all of the glaze ingredients in a small bowl and **whisk** until combined
- Transfer the rolls to a serving plate and drizzle glaze over cinnamon rolls. Serve warm and enjoy!
- **Makes 12 cinnamon rolls**

