

## Health-ier Cinnamon Rolls

*I will never ever give up sweets because I am a firm believer in ALL foods can fit into a healthy regime!! However, I try really hard to make recipes that offer as many quality, nutritious ingredients as possible. Yes, sometimes they still have high calories, but a) it is okay to have those higher calorie sweets sometimes and b) if those calories are from nutritious sources while still meeting my mental and emotional cravings, then BOOM that's amazing. These cinnamon rolls are egg-free, no refined sugars, and could easily be dairy free. I also subbed half the flour for whole-wheat flour! Give them a try.*

### Ingredients:

#### Dough

2 cups	Unbleached all-purpose flour
2 cups	Whole-wheat flour
2 ¼ tsp	Instant yeast
1 tsp	Salt
¾ cup	Almond milk, unsweetened, warmed
½ cup	Water, warmed
1/3 cup	Avocado oil
¼ cup	Maple syrup

#### Filling

½ cup	Lite butter, softened (I use the "Pure Blends Avocado Oil Plant-Based Butter" which is dairy-free)
1/2 cup	Coconut sugar
1 tbsp	Ground cinnamon

#### Frosting

4 oz	Fat-free cream cheese
1 tbsp	Lite butter, softened
3 tbsp	Maple syrup
2 tsp	Vanilla

### Directions:

- Mix 1 cup unbleached flour, 1 cup whole wheat flour, instant yeast, and salt in a bowl. Mix in the warm milk, warm water, avocado oil, and maple syrup until smooth.
- A little at a time, add in extra flour by kneading with your hands. A soft dough will form. Cover dough and place in warmth for 5 minutes. TIP: I turn my oven on for about 5-10 minutes. Then I shut it off. Now there is a warm place for my bread to rise.
- Prepare the filling by mixing the softened butter, coconut sugar, and cinnamon. Set aside.
- Sprinkle flour on a clean surface, such as the counter. Roll out the dough into a large rectangle. Spread the butter mixture all over the top of the dough.
- Roll the dough into a long log by taking one side of the rectangle and rolling it inward until a log forms.
- Cut the log into 12 equal slices. TIP: use dental floss to avoid flattening the dough. With one end of the floss in one hand and the other end in the other hand, move your hands back and forth, like a sawing motion, to cut with the dental floss.
- Line a 9x13 baking pan with parchment paper and spray with cooking spray. Place 12 rolls into dish (should be a single layer).
- Cover and place in a warm area for 30-45 minutes to allow bread to rise and get puffy. Use same tip from step 2.
- Preheat the oven to 350 degrees F. Bake for 25 minutes or until golden brown.
- While rolls cook, prepare the frosting by mixing the cream cheese, butter, maple syrup, and vanilla until smooth.
- Take rolls out of oven and frost! Serve warm.

Servings: 12 large rolls  
 Serving size: 1 roll

Health(ier) Cinnamon Rolls		
Nutrition Facts		
Serving Size	1 Roll	
Amount Per Serving		
Calories	306.8	
	% Daily Value*	
<b>Total Fat</b>	10.8 g	14 %
Saturated Fat	1.5 g	8 %
Trans Fat	0.3 g	
<b>Cholesterol</b>	1.1 mg	0 %
<b>Sodium</b>	337.6 mg	15 %
<b>Total Carbohydrate</b>	47.1 g	17 %
Dietary Fiber	2.5 g	9 %
Total Sugars	15.7 g	
Added Sugars	6.9 g	14 %
<b>Protein</b>	6.6 g	
Vitamin D	0.2 mcg	1 %
Calcium	82.4 mg	6 %
Iron	1.8 mg	10 %
Potassium	137.9 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at [cronometer.com](http://cronometer.com) </>