

# Cinnamon Rolls

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Ingredients	Quantity	Measure
<b>Dough</b>		
Water, warm (do not exceed 100 degrees Fahrenheit)	12	ounces
Dry active yeast	½	teaspoon
Bread flour	21	ounces
Sugar, granulated	2	ounces
Non-dairy milk, preferably soymilk	1	ounces
Vegetable shortening	1	ounces
Non-dairy margarine	1	ounces
Salt	2	teaspoons
<b>Filling</b>		
Non-dairy margarine, melted, divided	1	cup
Brown sugar	1	pound
Cinnamon, ground	2	tablespoons
<b>Flat Icing</b>		
Sugar, powdered	1	pound
Non-dairy milk	¼	cup
Vanilla	1	teaspoon

## Preparation

1. Mix warm water and yeast. Set aside for 3-4 minutes.
2. Mix together flour, sugar, soymilk, shortening and margarine.
3. Add activated yeast mixture.
4. Use a dough hook and start in speed 1.
5. When dough is blended add salt and change to speed 2 for 10 minutes.
6. Let rise in warm proof box approximately 45 minutes. Dough should be doubled in size and light and airy.
7. Remove dough and punch down. Let rest for 30 minutes.

## Assembly

1. Roll dough out into a rectangle.
2. Melt ½ cup margarine. Spread melted margarine on the dough.
3. Mix brown sugar, cinnamon and other ½ cup of margarine.
4. Spread brown sugar mixture over dough with melted margarine.
5. Roll up and cut into one-inch rolls.
6. Proof until double in size.
7. Bake in 350-degree oven until golden brown. Remove cinnamon rolls from the oven and let cool while preparing the flat icing.
8. To make flat icing, mix the ingredients listed on page 1 until well combined.
9. Drizzle the cinnamon rolls with flat icing.

# Cinnamon Rolls Continued

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**Nutrition Information** per serving \*From USDA Nutrient Database

Calories: 331 Total Fat: 9g Saturated Fat: 3.7g Monounsaturated Fat: 0.6g Polyunsaturated Fat: 0.8g

Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 59g Fiber: 1g Total Sugar: 40g Protein: 3.25g Sodium: 112mg

Vitamin A: 10µg Vitamin C: 0mg Calcium: 2mg Iron: 1.3mg Folate: 82µg

