



Noreen's Kitchen

Easy Yeast Dough Cinnamon Rolls

Ingredients

1 ¼ cups whole milk
¼ cup butter
1 tablespoon instant yeast (I use SAF)
¼ cup granulated sugar
1 large egg at room temperature
1 teaspoon salt
4 to 4 ½ cups all purpose flour

FILLING

¼ cup butter, softened
1 cup brown sugar
1 tablespoon cinnamon

Step by Step Instructions

Preheat oven to 350 degrees.

Place milk and butter in a microwave safe bowl or jug heat just until butter begins to melt. Stir and allow to rest until the butter is melted.

Add milk and butter mixture to the bowl of your mixer, fitted with a dough hook.

Add yeast, sugar, egg, three cups of flour and salt on top of the flour.

Begin to mix on low speed to bring the dough together. If you see that the dough is still very wet, add more flour, a half cup at a time just until the dough pulls away from the side of the bowl.

Knead dough on the recommended speed for your mixer for 5 minutes.

The dough should travel around the outside of the bowl and not on the hook itself.

Once the dough has kneaded place in an oiled bowl and cover. Set in a warm place for one to two hours until doubled in size.

Once dough has risen, deflate gently and place on a work board. Roll out the dough to approximately a 12 x 15 inch rectangle.

Spread with softened butter and sprinkle with brown sugar and cinnamon. Be careful to leave a ½ inch border on the long end furthest away from you so you will be able to close the roll.

Roll dough from the long end closest to you tightly all the way up to the other end. Gently pinch together.

Cut roll into 12 equal pieces and place them in a 9 x 13 inch baking pan that has been prepared with cooking spray.

Bake cinnamon rolls for 25 to 30 minutes or until golden brown and bubbly.

Remove from oven and allow to cool for one hour before topping with an icing glaze.

To make the glaze:

Mix 2 cups of powdered sugar, 1 teaspoon of vanilla extract and up to ¼ cup of milk together until smooth and thick. You will want to add the milk gradually until you reach the desired consistency.

Drizzle or slather the icing over the rolls and allow to set for about 20 minutes before serving.

These cinnamon rolls will stay fresh if covered with plastic wrap for three days. If they last that long!

Nutrition Facts

Serving Size One Cinnamon Roll
Serves 12

Amount Per Serving

Calories 285

% Daily Value*

Total Fat 9.2g 14%

Saturated Fat 5.1g

Trans Fat 0g

Polyunsaturated Fat 0.8g

Monounsaturated Fat 2.5g 0%

Cholesterol 36.3mg 12%

Sodium 216.3mg 9%

Total Carbohydrate 47g 16%

Dietary Fiber 4.9g 20%

Sugars 17.4g

Protein 7.2g 14%

