

# 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	½	cup
Brown sugar	8	ounces pound
Cinnamon, ground	2	tablespoons
<b>Flat Icing</b>		
Sugar, powdered	1	pound
Non-dairy milk	¼	cup
Vanilla	1	teaspoon

## Preparation

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

## Assembly

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



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# 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