Grandma’s Cinnamon Rolls

Mary Puraty

350 degrees

1pkg yeast

1/3 c warm water

1t sugar

1c milk

1/3 c butter

1 egg

½ c sugar

1t salt

1/8 t nutmeg

Zest of ½ lemon

4-4 ½ c flour

2 sticks room temp butter

Cinnamon & Sugar

Frosting:

Powdered sugar

Heavy cream or ½ & ½

Splash of vanilla

Optional: 1T peanut butter

Mix first 3 ingredients, let sit 10 min. Heat milk and butter to 120deg. Cream next 5 ingredients in kitchen aid with paddle attachment. Add milk and butter to creamed mixture, let cool. Add yeast mixture. Slowly add 2c of the flour. Change to hook attachment, slowly add rest of flour until dough is just barely tacky and pulling away from edges of bowl. Grease lg mixing bowl, add dough, cover with tea towel, let rise until doubled. Punch down and rise ¾. Divide into 2 balls. Cover one to keep from drying out. Roll each ball into a ¼” thick rectangle. Butter each with 1 stick soft butter, liberally coat with cinnamon & sugar. Roll lengthwise and cut into 1 ½” slices with dental floss. Let rise in greased 9x13 until almost double.

Bake for 15 min or until golden brown. Let cool slightly then frost.

Frosting: Cream all ingredients.