

Cinnamon Rolls



Servings: 12

For the Dough:

2 $\frac{3}{4}$ cups all-purpose flour

1/4 cup sugar

1/2 teaspoon salt

2 $\frac{1}{4}$ teaspoons dry yeast

1/2 cup whole milk

1/4 cup water

3 tablespoons unsalted butter

1 large egg

For the Cinnamon Filling:

3 tablespoons unsalted butter, melted

1 tablespoon ground cinnamon

1/4 cup sugar

For the Icing:

1 cup confectioner's sugar

1/2 teaspoon vanilla extract

3 tablespoons milk

For the Dough:

Whisk together all-purpose flour, sugar, salt, and yeast. Set aside.

In a heat proof bowl combine milk, water, and butter. Microwave until the butter is melted and the mixture is warm to the touch. Pour into the flour mixture.

Add the egg and stir until it forms a soft dough.

Place the dough on a lightly floured surface. Knead the dough for 3 minutes.

Place the dough into a bowl sprayed with non-stick cooking spray. Cover with a clean dish towel and let rest for 10 minutes.

Filling the Rolls:

After 10 minutes roll the dough out to a 14x8-inch rectangle.

Spread melted butter on top of the dough.

In a bowl mix together ground cinnamon and sugar. Sprinkle all over the dough.

Roll the dough up tightly into a log.

Cut 12 even rolls and arrange in a 9-inch round cake pan sprayed with non-stick cooking spray.

Tightly cover the rolls with plastic wrap and allow to rise for 1-1 ½ hours or until the rolls have doubled in size.

Remove the plastic wrap and bake the cinnamon rolls in a 375°F oven for 25-30 minutes until lightly browned.

Making the Icing:

Whisk together confectioner's sugar, vanilla, and milk. Drizzle the icing over top of the cinnamon rolls while still warm.

Serve

Per Serving (excluding unknown items): 194 Calories; 1g Fat (5.5% calories from fat); 4g Protein; 42g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 102mg Sodium. Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.