



### For the Dough:

**2 3/4 cups all-purpose flour**  
**1/4 cup sugar**  
**1/2 teaspoon salt**  
**2 1/4 teaspoons yeast**  
**1/2 cup milk**  
**1/4 cup water**  
**3 tablespoons unsalted butter**  
**1 large egg**

### For the Dough:

1. In a bowl whisk together all-purpose flour, sugar, salt, and yeast. Set aside.
2. 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.
3. Add the egg and stir until it forms a soft dough.
4. Place the dough on a lightly floured surface. Knead the dough for 3 minutes.
5. 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:

1. After 10 minutes roll the dough out to a 14x8-inch rectangle.
2. Spread melted butter on top of the dough.
3. In a bowl mix together ground cinnamon and sugar. Sprinkle all over the dough.
4. Spread the blueberry jam over the top.
5. Roll the dough up tightly into a log.
6. Cut 12 even rolls and arrange in a 9-inch round cake pan sprayed with non-stick cooking spray.
7. Tightly cover the rolls with plastic wrap and allow to rise for 1-1 1/2 hours or until the rolls have doubled in size.
8. Remove the plastic wrap and bake the cinnamon rolls in a 375°F oven for 25-30 minutes until lightly browned.

### Making the Icing:

1. In a bowl whisk together confectioner's sugar, vanilla, and milk. Drizzle the icing over top of the cinnamon rolls while they are still warm.
2. Serve

### For the Blueberry Cinnamon Filling:

**3 tablespoons unsalted butter melted**  
**1 tablespoon ground cinnamon**  
**1/4 cup sugar**  
**1/4 cup blueberry jam**

### For the Icing:

**1 cup confectioners' sugar**  
**1/2 teaspoon vanilla extract**  
**3 tablespoons milk**

## Nutrition Facts

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**Amount per Serving**

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**Calories** 153

Calories from Fat 56

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**% Daily Value\***

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**Total Fat** 6g 9%

Saturated Fat 0g 0%

**Cholesterol** 34mg 11%**Sodium** 156mg 6%**Total Carbohydrate** 23g 7%

Dietary Fiber 0g 0%

Sugars 23g

**Protein** 1g

Vitamin A 5% Vitamin C 3%

Calcium 2% Iron 0%

Percent Daily Values are based on a 2,000 calorie diet.