

Cinnamon Rolls

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Makes 12, 1 serving is 1 roll

Blue – 2 points for 1, 5 points for 2

Purple – 2 points for 1, 5 points for 2

Green – 3 points for 1, 5 points for 2

Dough

- 2 cups self rising flour ***see note below
- 2 tsp yeast
- 2 Tbsp Zero calorie confectioners sugar such as Swerve Confectioners
- 1/2 c cup non fat plain Greek yogurt
- 1 egg
- 1/4 to 1/2 cup warm water

Filling

- 1/3 cup zero calorie brown sugar substitute such as Sukin Gold or Swerve
- 1 Tbsp cinnamon
- **optional – butter spray

Icing

- 1/2 cup Zero calorie confectioners sugar such as Swerve Confectioners

- 2 Tbsp whipped cream cheese
- 2 Tbsp nonfat plain Greek Yogurt
- 1 tsp vanilla extract

Dough

1. In a large bowl, mix flour, yeast, and confectioners sugar
2. Add Greek yogurt and stir
3. Add egg and stir
4. Add water, a bit at a time until dough comes together. I use about 1/4 cup.
5. Turn dough out onto a floured surface and knead for about 2 minutes
6. Place the dough back in the bowl and cover with a towel and let rise in a warm spot for 30-45 minutes.
7. Take a large piece of parchment paper and spray with non stick spray. Turn dough out onto parchment paper and roll out into a 12X9 rectangle, making sure dough is even thickness throughout. Time to place the filling

Filling/Rolling/Cutting

1. Preheat oven to 350
2. Optional: spray dough with spray butter
3. Sprinkle 1/3 cup brown sugar over the dough, all the way to the edges.
4. Sprinkle 1 Tbsp cinnamon over the brown sugar
5. Starting from the long end, roll dough tightly, jelly roll style. Pinch edge to seal.

6. Cut dough into 12 equal portions.
7. Place dough, cut side down into a 11×7 or 13×9 pan that has been sprayed with nonstick spray
8. Bake at 350 for about 22 minutes. Until very light brown.
9. Let sit 10 minutes while you prepare the icing.

Icing

1. In a small bowl, mix confectioners sugar.
2. Add cream cheese, yogurt and vanilla.
3. Mix well. Be patient and keep mixing. It will make a perfect icing consistency. Do not add milk or water.
4. After rolls have rested for 10 minutes, ice and enjoy!