

Cinnamon Rolls

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Makes 8 mini rolls

Blue – 1 Point each

Purple – 1 Point each

Green – 1 Point each up to 4. 4 is 5 points

- 1/2 cup self rising flour
- 1/3 cup non fat, plain Greek yogurt
- Spray butter
- 2 Tbsp zero calorie sweetener (I use Lakanto Monkfruit)
- 1 Tbsp cinnamon
- 2 Tbsp whipped cream cheese
- 1/2 Tbsp zero calorie powdered sugar
- 1 Tbsp almond milk

1. Preheat oven to 350.
2. In a mixing bowl, mix flour and Greek yogurt until combined. Knead for 20-30 seconds
3. On a piece of parchment paper that has been sprayed with non stick spray, Roll out dough into a rectangle, about 10 inches long.
4. Spray dough generously with butter spray
5. In a small bowl, combine sugar and cinnamon. Sprinkle on

dough, reserving about 2 tsp.

6. Roll up dough, starting on long side. Pinch to seal.
7. Cut dough into 8 pieces. You can cut more or less, just adjust the points.
8. Place cut side down on a baking sheet sprayed with non stick spray
9. Bake for about 20-23 minutes, checking often for doneness.
10. Meanwhile, mix cream cheese and powdered sugar. Add a tiny bit of milk a little at a time until desired consistency. Frost rolls.