

Cinnamon Roll Recipe

This recipe is from Bread Beckers Recipe Collection



Basic Dough Recipe

1 1/2 Cups of hot water

1/3 cup oil

1/3 cup of honey

2 tsp. salt

1 egg

2 Tbs. Lecithin

1tsp. gluten (optional) / I do use this

4 – 4 1/2 cups freshly milled flour (I use soft red or soft white or hard white wheatberries).

1/2 cup flax seed, ground in blender (optional) I do not use

1 Tbs. Yeast

Combine water, oil, honey, salt, and egg. Add gluten, half of flour, and ground flax seed. Mix thoroughly. Add yeast and enough flour to make a soft dough. Knead until smooth and elastic (about 5-6 min.)

Roll all of the dough out into a 10 x 15 rectangle. Spread with the entire recipe of filling. Roll up and cut into 1-inch slices. Place cut side up in a 9 x 13 inch greased pan with sides touching. Let rise until double. Bake at 350 degrees for 15 min.

Filling:

Combine 1 1/2 cups Sucanat

1 Tbs. cinnamon

dash of nutmeg

add 6 Tbs. of melted butter

stir with whisk

Cream Cheese Icing

8 oz. cream cheese softened

1 tsp. vanilla

1-2 Tbs. honey

Whip cream cheese adding honey (about 1-2 Tbs.) and vanilla to taste. Whip until smooth.

