

Cinnamon Rolls using VK Multi-Purpose Flour Blend

Yield: 12 cinnamon rolls

Dough ingredients

7 g	active dry yeast	1 pkg
250 ml	warm milk	1 cup
113 g	white granulated sugar	1/2 cup
75 g	butter	1/3 cup
5 g	salt (optional)	1 tsp
2	eggs, large	2
500 g	Multi-purpose flour blend	4 cups

Filling ingredients

175 g	brown sugar	1 cup
24 g	cinnamon	3 tbsp
75 g	butter	1/3 cup



Per roll: 370 calories, 16 g fat, 7 g saturated fat, 30 mg cholesterol, 30 mg sodium, 55 g carbohydrate, 7 g fiber, 28 g sugar, 7 g protein

1. Dissolve the active dry yeast in the warm milk (105-110°F/ 41- 43°C) in a small bowl and set aside for 5-10 minutes to proof.
2. While yeast is proofing, add sugar, butter, salt, eggs, and flour to a large mixing bowl, mix well.
3. Pour the milk/yeast mixture in the bowl, mix until well incorporated.
4. Place dough into bowl, cover and let rise in a warm place about 1 hour or until the dough has doubled in size. For best results, ensure bowl is warm prior to putting the dough in.
5. Roll the dough out on a lightly floured surface, until it is approx. 18 inches long by 12 inches wide. It should be approx. ¼ inch thick.
6. Preheat oven to 350°F degrees. Grease a 9x13 inch baking pan.
7. To make filling, combine the butter, brown sugar and cinnamon in a bowl.
8. Spread the mixture evenly over the surface of the dough.
9. Working carefully, from the long edge, roll the dough down to the bottom edge. The roll should be about 18 inches in length. Cut the roll into 1½ inch slices
10. Place the cut rolls in the prepared pan. Cover them with a damp towel. Let them rise again for another 30 minutes until they double in size.
11. Bake for 20 minutes or until light golden brown.

Top with a delicious vanilla or cream cheese frosting, or use the following glaze, for a flavorful treat!

1. Combine the confectioners' sugar, extract and milk. Stir to make a smooth icing.
2. Use a spoon to drizzle over the cuts in the top of each bun.

