



Cinnamon Rolls

Prep: 30 minutes plus standing

Bake: 30 minutes • Makes: 12 rolls

Dough

- 2 envelopes (¼ ounce each) active dry yeast
- 1 cup vitamin D whole milk
- ½ cup plus 1 teaspoon granulated sugar
- ½ cup unsalted butter (1 stick)
- 2 large eggs, room temperature
- 1 teaspoon salt
- 4½ cups all-purpose flour plus additional for dusting
- Nonstick cooking spray

Filling

- 1½ cups lightly packed light brown sugar
- 3 tablespoons ground cinnamon

Icing

- 2 cups powdered sugar
- 2 tablespoons water
- ½ teaspoon vanilla extract

1. Prepare Dough: Empty yeast envelopes into large bowl. In small saucepot, heat milk over low heat until small bubbles form around edges; remove from heat. Let milk stand 5 to 10 minutes or until temperature reaches 110°. Pour milk over yeast; stir in 1 teaspoon sugar and mix well. Let stand 5 minutes. Yeast should form small bubbles.

2. Meanwhile, in small skillet, melt butter over low heat; remove from heat to cool. With wooden spoon, stir eggs, salt, remaining ½ cup sugar and half of the butter into yeast mixture until just combined. Add flour and stir until stiff dough forms.

3. Transfer dough to lightly floured work surface. Knead dough 4 to 6 minutes or until smooth and slightly tacky. Lightly spray large bowl with nonstick cooking spray and transfer dough to bowl. Cover with towel and place in warm spot 1½ to 2 hours or until dough has almost doubled in size.

4. Meanwhile, prepare Filling: In medium bowl, stir together brown sugar and cinnamon.

5. Gently punch down dough and transfer to lightly floured work surface. Roll dough into 12 x 18-inch rectangle. Brush dough with remaining half of the butter; sprinkle brown sugar mixture over dough. Starting with long side, tightly roll up dough around filling, brushing off excess flour as you roll. Pinch seam to seal.

6. Spray 13 x 9-inch baking dish with nonstick cooking spray. With serrated knife, cut dough crosswise in half, then cut each piece crosswise in half to make 4 equal pieces. Cut each piece into three 1½-inch-thick rolls. Place rolls, cut side down, into prepared baking dish. Cover with towel and let stand 30 minutes.

7. Preheat oven to 350°. Bake rolls on middle oven rack 30 minutes. Cool 5 minutes.

8. While rolls cool, prepare Icing: In large bowl, whisk together powdered sugar, water and vanilla extract. Drizzle icing over rolls.

Approximate nutritional values per serving (1 roll):

454 Calories, 10g Fat (6g Saturated), 59mg Cholesterol, 32mg Sodium, 86g Carbohydrates, 3g Fiber, 7g Protein

Dietitian's Dish

> Make these sweet treats bite-sized by cutting the 12 x 18-inch rectangle into four 6 x 9-inch rectangles each. Top, roll up, and let them rise like usual – just adjust the baking time for the smaller rolls. Pump up the nutritional value with raisins or diced apples in place of some of the cinnamon and sugar.