

# "Healthy" cinnamon rolls....well, atleast healthier...:~)

[ K-8 General Board ]

Posted by momof7 on 9:19 Sep 25

I tried Quiver's cinnamon roll recipe and I have tweaked it for anyone who might want a healthier, lower cal version. (Though I cannot attest to them tasting exactly the same!! Her's are so yummy. I always tweak things to go the healthier, not quite as good way.) My kids liked them and only complained about not having enough icing....however, they always complain about that. :)

I am copying Jean's below with the changes I made beside. Since there have been so many posts about weight, I thought that this might help some people who aren't used to altering recipes on their own.

BTW.....Thank Jean very much for the original recipe. :)

Dough:

1 T. Dry Yeast

1 Cup warm milk

1/3 C. white sugar

1/2 C. melted butter .....instead of butter, I substituted 1/2 c olive oil

1 tsp. salt

2 eggs

4 C. flour....I used 4 1/2 cups of freshly milled whole white wheat

\*\*I added 1 tbs. of lecithin (this helps with the "softness" since you don't have the fat from the butter

Dissolve yeast in warm milk. Add the rest of the ingredients and mix well. Knead into a ball. Let rise until double in size. When ready, roll out to about 1/4 inch thick.

Spread with filling.

Filling:

1/4 C. butter, softened....I only used 2 tbs)

1 C. brown sugar....I used about 1/3 of a cup

3 T. cinnamon ....don't know, I just shook some on

Spread butter on dough evenly. Sprinkle sugar and cinnamon over dough evenly. Roll dough up. Slice roll into 1 inch slices. Place on a greased pan. Let rise again until doubled. bake 10 min. at 400 degrees.