



Gluten-Free Cinnamon Buns

Ingredients

For the dough:



2 ½ cups gluten-free flour*



1 (.25 oz) packet instant or rapid-rise yeast



¼ cup cornstarch



¼ cup sugar



1 Tbsp baking powder



½ tsp kosher salt



½ cup cold butter, cut in small cubes



1 egg



¾ cup milk

For the filling:



4 Tbsp butter



⅓ cup brown sugar



1 Tbsp cinnamon

For the frosting:



1 cup powdered sugar



2 Tbsp milk



¼ tsp vanilla

*Recommended: RYZE blue flour blend

Steps:

- 1 Stir flour, yeast, cornstarch, sugar, baking powder, and salt in large bowl.
- 2 Add cubed butter to flour mixture. Rub between your fingertips, smearing it into the flour to create small flakes.
- 3 Crack egg into small bowl. Throw away shells and wash your hands. Whisk egg until smooth.
- 4 Heat ¾ cup milk in microwave-safe bowl until warm, about 30 seconds.
- 5 Add milk and egg to flour mixture. Stir until dough comes together.
- 6 Place dough on top of a large piece of parchment paper. Use your hands to flatten into a rectangle. Set a piece of plastic wrap on top.
- 7 Use a rolling pin to roll dough into a 9 x 13- inch rectangle. Remove plastic wrap.
- 8 Heat butter in small microwave-safe bowl until melted, about 30 seconds. Pour melted butter over dough and spread evenly to edges.
- 9 Stir together brown sugar, and cinnamon. Sprinkle evenly over dough and spread to edges.
- 10 Starting at the long edge, roll dough up tightly into a log. Use the parchment paper to lift and support the dough while rolling.
- 11 Use a serrated knife to cut 8 even pieces.
- 12 Set rolls on parchment-lined baking sheet, leaving 2 inches between each roll. Let rise for 1 hour.
- 13 Preheat oven to 350°F.
- 14 Bake rolls 20-22 minutes, until lightly browned.
- 15 Mix powdered sugar, milk, and vanilla in small bowl. Drizzle frosting on top of rolls. TASTE & SHARE!