

Cinnamon Rolls Recipe



To make these cinnamon rolls you will need to add 1 ½ Cups of grated mozzarella cheese, 2 TBS cream cheese, 1 egg, 1 TBS of Greek/Full fat yoghurt and vanilla essence to the Keto Store supplied dry ingredients.

Get this with these and do this to them

To make the dough

175g or 1 ½ Cups grated mozzarella
2 TBS cream cheese

Microwaveable bowl

Microwave the mozzarella and cream cheese for 50 secs
Stir and then microwave for another 40 secs

Hint: The cheese should be melted but not bubbling

1 egg at room temperature

Crack in the egg and stir in

Almond and Baking Powder Bags

Fork

Add in both bags then stir through with the fork to combine.

Dash of oil

Rub oil into your hands to stop the dough sticking to them
Use your hands in the dough to make a smooth ball.

Divide the dough into 6 balls of approx. 50g each
For each ball, roll it back and forth, to form 40cm long rolls
Flatten out with your hands to make dough strips.

Hint: Make the dough as thin as you can

If it cools down too much, warm it back up to make it easier to handle.

Pre-heat the oven 180 C

2 TBS water + Pot on medium heat
Monkfruit & Cinnamon Bag

Boil the water.

Tip the contents of this bag into boiled water and stir.
Remove from the heat.

Spoon or brush

Spread the cinnamon paste on top of the flattened dough strips.

Roll up each dough strip to form a bun and cut
sideways in half (thickness as per photo)
Now you have 12 buns

Non-stick baking sheet or pie dish

Bake for 20 mins



While the rolls are in the oven, prepare the frosting

2 TBS cream cheese

1 TBS Greek / Full Fat Yoghurt

2 drops vanilla essence

Mix together and spread over the warm rolls and serve

Don't be fooled by the size - they may be small, but are quite filling

Storage: These keto cinnamon rolls are best enjoyed warm, when they are soft on the inside and a crunch on the outside. Should you have any leftovers, keep them in an airtight container in the fridge and do make the effort to reheat them before eating.

Make it again

Order the Cinnamon Rolls Recipe Pack [here](#)