

3 Minute Matcha Cinnamon Rolls

**gluten free, dairy free, refined sugar free and naturally sweetened.*

Ingredients:

Dough:

1/2 cup flour- you can use gluten free, I used King Arthur gluten free flour blend

3 tbsp oat milk

1 tbsp maple syrup

2 pinches of salt

3/4 tsp baking powder

Frosting:

2 tbsp dairy free cream cheese

1 tbsp maple syrup

1/4 - 1/2 tsp [Tenzo Matcha](#) tea to taste

Instructions:

For the frosting, combine ingredients until smooth. Combine ingredients for dough in a small bowl, then flour a marble surface, and roll out into a rectangle about 4" by 8". Brush the dough with a layer of melted coconut oil (about 1-2 tsp), dust with 1 1/2 tbsp coconut sugar and roll up, so it fits in a small/regular size mug (not oversized- about 8oz). Grease mug with coconut oil, then place in mug and cook in microwave for 60 seconds. Once it's cooked, take it out of the mug and top with frosting (you can cut it in half and top with frosting, which is what I did).

