



Easy Dairy-Free Cinnamon Rolls



Dairy Free



Popular

READY IN



45 min.

SERVINGS



11

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons coconut milk creamer
- ☐ 3 Tablespoons dairy-free non-hydrogenated margarine softened room temperature
- ☐ 0.3 cup dairy-free milk alternative
- ☐ 1 large eggs for egg-free (can sub)
- ☐ 2.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 tablespoons ground cinnamon
- ☐ 1 cup powdered sugar (confectioners')

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 0.3 ounce baking yeast red star® (such as Platinum Superior Baking Yeast – see note below)

Equipment

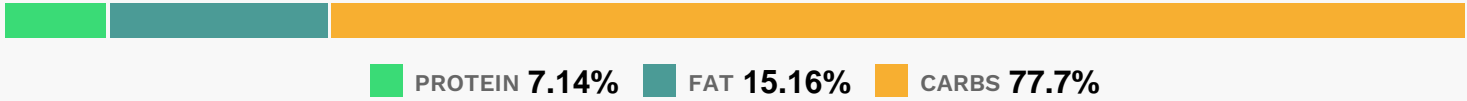
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave
- ☐ pie form

Directions

- ☐ Set aside 1/2 cup of flour. In a large bowl, toss 2-1/4 cups flour, the sugar, salt, and yeast together until evenly dispersed.
- ☐ Heat the water, milk alternative, and margarine together in the microwave until the mixture is very warm, but not too hot to touch, about 125–130°F. Stir the margarine mixture into the flour mixture.
- ☐ Add the egg and only enough of the reserved flour to make a soft dough. Dough will be ready when it gently pulls away from the side of the bowl and has an elastic consistency. On a lightly floured surface, knead dough for about 3 to 5 minutes.
- ☐ Place it in a lightly greased bowl and let rest for 10 minutes. After 10 minutes, roll the dough out in a 14×8 inch rectangle.
- ☐ Spread the softened margarine on top.
- ☐ Mix together the cinnamon and sugar and sprinkle it over the margarine.
- ☐ Roll up the dough tightly and cut into 11 even pieces and place in a lightly greased 9-inch round pan or pie dish. Loosely cover the rolls with aluminum foil and allow to rise in a warm, draft-free place for 60 and 90 minutes. After the rolls have doubled in size, preheat your oven to 375°F.

- ☐ Bake for 25 to 30 minutes, or until lightly browned. Cover the rolls with aluminum foil after 15 minutes to avoid heavy browning, if you prefer.
- ☐ Whisk the glaze ingredients together in a medium bowl. Top the cinnamon rolls with glaze right before serving.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:20.57, Inflammation Score:-3, Nutrition Score:6.5330435348594%

Nutrients (% of daily need)

Calories: 209.91kcal (10.5%), Fat: 3.54g (5.45%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 39.19g (14.25%), Sugar: 15.5g (17.22%), Cholesterol: 0mg (0%), Sodium: 241.12mg (10.48%), Alcohol: 0.13g (100%), Alcohol %: 0.22% (100%), Protein: 3.75g (7.5%), Manganese: 0.43mg (21.43%), Vitamin B1: 0.32mg (21.36%), Folate: 74.43µg (18.61%), Selenium: 10.9µg (15.56%), Vitamin B3: 2.31mg (11.57%), Vitamin B2: 0.19mg (11.44%), Iron: 1.68mg (9.34%), Fiber: 1.62g (6.47%), Vitamin E: 0.92mg (6.12%), Phosphorus: 41.35mg (4.13%), Vitamin A: 170.11IU (3.4%), Copper: 0.07mg (3.37%), Calcium: 26.73mg (2.67%), Vitamin K: 2.56µg (2.43%), Magnesium: 9.29mg (2.32%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.04mg (1.92%), Potassium: 59.82mg (1.71%)