HOMEMADE CINNAMON ROLLS

Yield: 12–15 rolls | Oven:350°F
Bake: 20–25 minutes | Pan: 9 × 13 inches

Ingredients — Half-Batch Dough

- 3¾ cups all-purpose flour
- 6 Tbsp sugar
- 1 tsp salt
- 1/3 cup butter, melted
- ½ beaten egg
- 1½ cups lukewarm water
- 1 packet active dry yeast

Cinnamon Filling

- ¼ cup butter, softened
- ½ cup packed brown sugar
- 1½ Tbsp ground cinnamon

Cream Cheese Icing

- 2 oz cream cheese, softened
- 2 Tbsp butter, softened
- ¾ cup powdered sugar
- ½ tsp vanilla
- ½–1 Tbsp milk, as needed

Instructions

1. Dissolve yeast in lukewarm water. Add butter, sugar, salt and egg. Mix in flour; knead until smooth and elastic. 2. Cover dough in a greased bowl; let rise until doubled. 3. Roll into a 16 × 12-inch rectangle. Spread with softened filling butter; sprinkle with brown sugar and cinnamon.
4. Roll from the long side; cut into 12–15 rolls.
5. Place in a greased pan; let rise until puffy.
6. Bake at 350°F for 20–25 minutes, until golden and baked through.
7. Beat icing ingredients until smooth; spread over slightly cooled rolls.

Estimated Nutrition

Per roll (based on 12 rolls; approximate)
Calories: 325
Carbohydrates: 47 g
Protein: 5 g
Fat: 12 g
Fiber: 1 g
Sugar: 18 g
Sodium: 225 mg
Values vary by ingredient brands and yield.

Recipe Tip

For extra soft rolls, let them rise until puffy and touching before baking.

Storage Tips

Refrigerate iced rolls in an airtight container for up to 3–4 days.

Freezer Tips

Freeze cooled rolls in an airtight container for up to 2 months. Thaw overnight in the refrigerator.

Reheating

Warm individual rolls briefly in the microwave, or cover and warm in a 300°F oven until heated through.

SCAN FOR MORE RECIPES

💛 **SIMPLELIFEMEALS.COM**
SIMPLE LIFE MEALS | FIBROMYALGIA SUPPORT
© 2026 DESIGNS BY FRIENDS LLC