

# Cinnamon Rolls

Submitted by Elizabeth Mandel

## Ingredients

### Dough

- 1 1/2 cup low fat milk
- 2 1/2 Tbsp butter
- 3 Tbsp sugar
- 1 1/2 tsp salt
- 1 large egg
- 4 1/2 cups all purpose flour
- 1 pkg rapid rise yeast (1 Tbsp + 1 tsp)

### Filling

- 1/2 c packed light brown sugar
- 1/4 cup dark corn syrup
- 1 Tbsp butter
- 1 Tbsp cinnamon

### Assembly for baking

- 2/3 cup currents
- 1/3 cup dark brown sugar

### Glaze

- 2/3 cup confectioners sugar
- 1 Tbsp skim milk
- 1/2 tsp light corn syrup
- 1/4 tsp vanilla

## Directions

1. Combine dough ingredients in bread machine on dough, timed cycle. Time so dough is complete (but not cooked) approximately 1 1/2 hours before you plan to eat.
2. Punch dough down, turn onto lightly floured surface. Cover and let rest 10 minutes
3. While dough is resting, combine filling in a small saucepan. Heat gently, stirring until smooth. Remove immediately from heat.
4. Before assembling rolls, set oven temperature to 200 F (for proofing rolls). turn oven off when it reaches temperature

### Assembly

5. Roll or pat dough into 10" x 18" rectangle. Spread brown sugar mixture over dough. Sprinkle with 2/3 cup currents. Starting at long edge, roll up jelly roll fashion. Pinch edges together along length of roll. With a sharp knife, slice into approximately 16 slices.



### Proofing

6. Lightly oil 9"x13" baking dish. Sprinkle with an even coating of 1/3 cup dark brown sugar. Place cinnamon rolls, cut side up and slightly apart in dish. Cover with plastic wrap and let rise in warm oven until nearly doubled in size (20-30 minutes).

### Baking

7. Remove rolls from oven and heat oven to 375 F. Remove plastic wrap, return to oven, and bake 25 minutes or until lightly browned. Let cool for about 30 seconds, then run a knife around the edge and invert onto a cooling rack, removing pan.

### Glaze

8. While rolls are cooling on rack, make glaze. Stir ingredients together. Add more milk if necessary to make a drizzling consistency. Flip rolls back over onto brown sugar side (on to serving plate) and drizzle glaze over rolls. Serve warm.

