



CINNAMON ROLLS

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	6.6 gm Bob's Red Mill® vital wheat protein gluten flour	3 (+3 gm fat)
	----- 10.5 gm raw egg	----- 0.7 exc (-0.7 gm fat)
Fat	17.3 gm butter (for dough)	3 (+2.3 gm)
	----- 5 gm butter (for filling)	----- 1
Carb	1.4 gm all-purpose flour	1.3
Other	4 gm erythritol	

	1 teaspoon Da Vinci Gourmet® sugar free vanilla syrup	

	0.5 gm Bob's Red Mill® xanthan gum	

	1 tsp. water	

	Ground cinnamon	

	2-3 drops liquid stevia/saccharin	

VARIATIONS

- This recipe can be frozen for future use.
- Almond flour can be used in place of the gluten flour, though the texture will be grittier and less soft/cake-like. If using almond flour, the same amount of exchanges can be used (though the gram amount will need to be calculated).

DIRECTIONS

- Preheat the oven to 350°F.
- Melt the butter (for dough) in a small bowl.
- Add the gluten flour, all purpose flour, xanthan gum, raw egg, teaspoon water, erythritol, and Da Vinci sugar free syrups. Stir until smooth.
- Lay a sheet of plastic wrap on a flat, sturdy surface.
- Scoop the batter onto the plastic wrap, forming a strip.
- Spread the batter lengthwise to form one long strip; this batter can get very thin.
- In a small bowl, melt the butter (for filling).
- Add ground cinnamon (a few wrist shakes to really get that flavor) and 1-2 drops liquid stevia. Stir to combine.
- Spread the cinnamon filling to coat the strip of batter.
- Gently, lift one side of the plastic wrap to begin rolling the cinnamon roll.
- Slowly, continue to lift the plastic wrap, lightly pushing downwards so that the batter rolls smoothly. There will be residue on the plastic wrap.
- Once the cinnamon roll is fully rolled, use a rubber spatula to scrap the batter residue off of the plastic wrap, then press it into the roll (in any spot).
- Transfer the cinnamon roll to a muffin/circle shaped mold, or a round cookie cutter placed in a greased ramekin. The roll melts significantly in the oven, therefore choose a mold according to what shape you want. In addition, since there is so much butter melting during the baking process, there must be room left in the mold for the butter to pool.
- Bake the cinnamon roll for 20-25 minutes or until golden brown (there will be a pool of butter around/on top of it).
- Remove from the oven, then let the cinnamon roll rest in the melted butter so that it can re-absorb.
- Serve warm.

