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Baked Protein Cinnamon Rolls

Roll Ingredients:

Unflavored or vanilla protein powder, 120 g
White spelt flour, 1 cup
Pyure organic stevia blend, 2 tbsp
Baking powder, 2 tsp
Baking soda, 1 tsp
Light buttery spread, 1/4 cup
Unsweetened cashew milk, 4-5 tbsp
Salt, 1/4 tsp (optional)

Cinnamon Filling Ingredients:

Pyure Organic Stevia Blend, 3 tbsp
Ground cinnamon, 2 tbsp
Light buttery spread, 2 tbsp
Unsweetened cashew milk, 1 tbsp

Buttercream Frosting:

Swerve confectioner's erythritol, 1 cup
Tapicoa starch, 2 tbsp
Unsweetened cashew milk, 1/4 cup
Light buttery spread, 2 tbsp
Pure vanilla extract, 1/2 tsp

Cream Cheese Frosting:

Fat-free cream cheese, 4 oz.
Vanilla protein powder, 40 g
Unsweetened cashew milk, 1/4 cup
Pyure organic stevia blend, 1/4 cup
Pure vanilla extract, 1/2 tsp

Directions:

1. Preheat oven to 350 F.
2. Whisk together the dry ingredients in a large mixing bowl.

3. Using a fork, mix in the butter and milk using a fork until a crumbly dough forms.
4. Knead the dough with your hands until it sticks to itself. If the dough still seems too crumbly after working it with your hands, add more milk a teaspoon at a time. Don't add too much, or the dough will become impossibly sticky!
5. Place your ball of dough on a lightly floured surface, like a clean kitchen counter. Using a rolling pin, roll out the dough in all directions until it's about half an inch thick.
6. Cut off the uneven edges to make a square, and place the dough "scraps" in the center of your square. Roll out the dough again until it is an even thickness, keeping a square-ish shape.
7. Mix up your cinnamon filling, and spread it over your dough square, all the way to the edges.
8. Cut your square in half, then into sixths to make long, even strips.
9. One at a time, carefully roll each strip up onto itself, gently scraping the dough away from any "sticky" spots. Place finished rolls in a cake pan lightly coated with cooking spray.
10. Bake for 10-15 minutes until edges are lightly browned and firm but the center is soft (mine were done at exactly 12 minutes).
11. While the rolls bake, hand-mix or blend frosting ingredients until smooth in a medium bowl.
12. Once the rolls are done, spread them with frosting immediately. This recipe makes plenty of extra frosting, enough to completely smother your rolls!
13. Enjoy warm or slightly cooled the same day. Storing in the fridge or freezer will dry out the rolls.