

CINNAMON ROLLS VIA BREAD MAKER

from the kitchen of cheryl brodersen

in the bread maker combine

- 1 1/2 cups whole wheat flour
- 1 1/2 cups white flour
- 2 Tablespoons coconut sugar
- 1 teaspoon salt
- 1 cup water
- 4 Tablespoons agave
- 2 Tablespoons oil (I usually use grapeseed oil or butter flavored olive oil)
- 1 package yeast or 2 teaspoons dry yeast

steps

1. Mix dry ingredients together except yeast and place in bread dough container.
2. Combine all the wet ingredients and pour over the dry mix.
3. Close lid and add the yeast to yeast dispenser. Set on whole wheat dough setting.

cinnamon roll mix

- 2 cubes of butter (softened)
- 1 1/2 cups brown sugar (or 1 cup coconut sugar and 1/2 cup agave)
- 2 teaspoons cinnamon
- 1/2 cup to 1 cup of chopped nuts (optional)

steps

1. In round 9" cake pan combine 1 cube of butter and 1/2 cup of brown sugar (or 1/4 cup agave and 1/2 cup coconut sugar) until mixture resembles a paste. You might want to grease the sides of the cake pan with extra butter. If you use nuts, then sprinkle the paste liberally with the cup of chopped nuts.
2. Roll out dough on lightly floured surface to about 1/2 inch thickness. Dough should be about three to four inches wide and about 8-10 inches long. Sprinkle with remaining brown sugar and cinnamon. Cut remaining cube of butter into small pads and dab on top of cinnamon and sugar on the dough. Roll into long sides together to form a long log. Then cut into 3/4 inch to 1 inch thick disks. Place on cinnamon paste mixture in pan until the pan is full of the newly formed disks. Cover with foil and place on cookie sheet (because butter will ooze out and they will get too done on top). Bake at 350 for 25 minutes. Remove foil and bake for 10 minutes longer or until tester poked in the middle cinnamon roll is clean. Remove from oven and immediately invert it on a plate. Make sure to use a heat resistant spatula to get the gooey caramel mixture from the cake pan onto the top of the cinnamon rolls. Serve hot and enjoy!!!