



Easy Whole Wheat Cinnamon Rolls

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Makes: 10-15 Rolls

Ingredients:

- 1-1/2 Cups **Warm Water** (110-115 degrees)
- 1/4 Cup **Extra Virgin Olive Oil** or butter, slightly melted
- 1/4 Cup **Sucanat*** (Brown Sugar), Raw Sugar or Raw Honey
- 1-1/2 Teaspoons **Real Salt Sea Salt**
- 1/4 Cup **Flax Seed**, freshly ground (added nutrition-optional)
- 1 Tablespoon **Sunflower Lecithin*** (optional)
- 1 Teaspoon **Gluten*** (optional)
- 1 Tablespoons **Instant Yeast**
- 4 - 5 Cups **Hard White Wheat Flour**, freshly milled
(If you don't mill your wheat yet, then substitute unbleached all-purpose flour)
- **Mill in some dried beans** for added nutrition, (optional) (see tip below)

Filling:

- 1/4 Cup **Softened Butter**
- 1 -2 Tablespoons **Cinnamon**
- 1/4 – 1/2 Cup **Sucanat** or brown sugar
- 1/2 Cup chopped **Pecans** and/or **Raisins** (optional)



Bring a smile to someone's face with a soft and fluffy cinnamon roll. Orange is my husband's glaze of choice; give it a try.

Glaze:

- 2 – 3 Tablespoon **Orange Juice** or Milk
- 1 Cup **Powdered Sugar**
- 1/4 Teaspoon **Vanilla**

Directions:

1. **Preheat oven** to 350 degrees.
2. **Butter-grease** or line with parchment paper a 9x13 baking dish, cake pan or muffin tin.
3. **Soak Raisins:** For softer raisins, place them in a bowl and cover by an inch or so with apple juice, water or bourbon. *Tip: If you do not soak firm raisins they will be firm in your rolls.*
4. **Stir to blend the first 7 ingredients** in a large mixer bowl.
5. **Add half the flour & Yeast:** Position dough hook on mixer; add half the flour and yeast; mix on low for about a minute. **Cover and allow to rest** for about 15 minutes to absorb the moisture.
6. **Adding remaining flour:** Now start adding the remaining flour, 1/2 cup at a time, **until the dough cleans the side of the bowl** (*Stop adding flour. Dough should be slightly sticky, so do not add too much flour or your rolls can come out heavy and dense.*)
7. **Knead:** Start timer and **knead for 8 minutes** (by hand, 10-12 minutes).
8. **Roll out Dough:** Pour some oil on your hands and work surface. (*Do not use flour on your work surface; the added flour can cause the dough to become heavy.*) This dough makes approximately 2 lbs of dough. **Cut the dough in half** making two smaller batches to work with. This makes for easy work. **Roll or press dough** one batch of dough into about 10x12 inch rectangle. Remember, rolled thinner means more goody in the middle. ☺

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9. **Inside Goody:** Brush with softened butter, sprinkle liberally with cinnamon, Sucanat and chopped pecans & raisins.
10. **Roll up dough:** Starting on one long side (similar to rolling a sleeping bag.) As you roll, pull the dough toward you a little to make the roll tight. Pinch seam.
11. **Cut Rolls:** Cut rolls about 1-1/2 inches wide (about 2 fingers wide) using a dough cutter, sharp knife, or dental floss.
12. **Place Rolls in Baking Dish:** Place rolls into a well butter-greased or lined baking dish or baking stone (my favorite), cake pan or muffin tin. *Cover with plastic wrap or light towel and let rise about 15-25 minutes in a warm place.* Do the same with the remaining batch of dough or simply make dinner rolls or buns.
13. **Bake 20-25 minutes** in a preheated 350 degrees oven.

Glaze:

Mix together juice or milk, powdered sugar and vanilla; adding more liquid or sugar as needed for drizzle or spreadable consistency similar to soft butter. Allow rolls to cool slightly before glazing.

***Tips:**

Sucanat – Sucanat is simply real brown sugar. You may substitute raw honey or white sugar.

Sunflower Lecithin: Lecithin helps soften the dough and metabolize saturated fat and cholesterol.

Gluten – Gluten helps the bread to rise, totally optional.

****Tip:** For even more nutrition throw in a handful of **dried navy, northern or baby Lima beans** in with your grain when you mill. You will be adding a ton of nutrients, protein and fiber. Who knew?