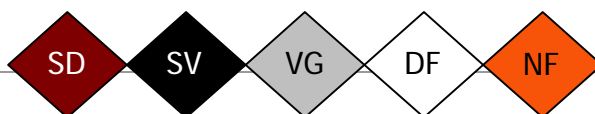


Healthy Swaps Cinnamon Buns

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Cinnamon Buns are a comfort food often sold at airports and shopping mall food courts. Unfortunately, eating one of these treats will pack in around 900 calories! This recipe however, is a homemade, healthier, "makeover" version.

Notes for hand-mixing the dough are located beneath the recipe.

Ingredients:

DOUGH:

1/4 cup	Water
1 cup	Evaporated skim milk
1/4 cup	Coconut cream (skim cream off top of can of full fat coconut milk)
1/2 cup	Pumpkin puree (such as Libby's)
1/2 cup	Egg Beaters or liquid egg substitute
1 tsp.	Vanilla extract
1/2 tsp.	Salt
1/4 cup	Sugar, superfine (Baker's)
1/4 cup	Stevia Extract In the Raw
2 cups	All-purpose Flour
2 cups	Whole wheat Graham Flour
2 Tbsp.	Vital Wheat Gluten
1 pkg.	Granulated Active Dry Yeast

FILLING:

1 cup	Splenda, Brown Sugar Blend
5 Tbsp.	Ground Cinnamon
1/3 cup	Melt, Buttery Spread with Organic Virgin Coconut Oil

TOPPING:

2 oz.	Cream Cheese, Weight Watcher's 8 oz. Spread Block
1 Tbsp.	Coconut Cream (skim cream off top of can of full fat coconut milk)
1 Tbsp.	Greek Yogurt, plain, 0% fat
1/2 cup	Confectioner's Sugar
1/8 tsp.	Vanilla Extract
1/8 tsp.	Lemon Extract

Directions:

1. Combine the water, milk, coconut cream and pumpkin puree in a microwave safe bowl. Heat liquid until warm (about 80 °F). Pour mixture into the bread pan of the bread machine.
2. Combine the eggs, vanilla, salt, sugar and Stevia; add to the warm liquid mixture in the bread pan.
3. Measure and pour the flours and gluten over the liquid in the pan so the flours float on top. Make a slight depression, or well, in the flour and pour the granulated active dry yeast into the well.
4. Close the lid of the bread machine and process the dough per your bread machine manufacturer's instructions for the dough setting.
5. Once the machine has completed its dough cycle (the dough has been mixed and proofed until about double in size, this usually takes about 1 – 1/2 to 2 hours), remove the dough from the machine and place it on a clean surface that has been lightly sprayed with vegetable cooking spray. Let the dough rest about 10 minutes.
6. Press and form the dough into a rectangle and then, using a rolling pin, roll the dough out until it is approximately a 15" x 25" inch rectangle.
7. Smear the top surface of the dough with a coat of the Melt spread.
8. Combine the ground cinnamon and the brown sugar together and then sprinkle the mixture evenly over the Melt-covered dough. Gently press the cinnamon & sugar down into the dough by lightly rolling the rolling pin over the surface.

9. Starting at a wide side, roll up the dough jelly-roll style. Pinch along the seam to seal. Using an oiled serrated knife, trim off about 1/4 – 1/2 inch on each end of the roll to make straight ends.
10. Using a ruler as a guide and the same oiled knife, lightly make indentations in the roll at approximately 1 – 1/2 inch increments, then lightly saw the roll into sections on the marked lines.
11. Place the roll sections (spiral side up) on a lightly greased, foil-lined (15.5 X 10.5 inch) jelly-roll pan. (The rolls should not be touching each other, place them at an equal distance apart, three rows wide by five rows long).
12. Lightly cover rolls with a sheet of plastic wrap that has been sprayed on the under side with non-stick vegetable spray and either (1) let them rise in the refrigerator overnight, (2) place them in the freezer to freeze up to one month, or (3) set out immediately to rise in warm place for approximately 45 – 60 minutes or until doubled in size and have risen enough to fill in most of the open spaces of the pan.
13. *If you have frozen the rolls, thaw them for 10 to 12 hours on the counter (not the refrigerator) prior to baking. This allows them to thaw gently and rise properly before baking.*
14. After the rolls have risen, bake them in a pre-heated 350 °F oven for 18-20 minutes or until they turn a light golden brown.
15. Meanwhile, make the cream cheese topping by blending the cream cheese, yogurt, vanilla and lemon extracts together until smooth. Add the confectioner's sugar and blend until mixture is thick and creamy yet still thin enough in consistency to drizzle. Refrigerate topping until ready to use.
16. Remove rolls from the oven and allow them to cool slightly. Drizzle or smear topping over rolls and serve.

Note: To mix the dough by hand: Skip steps 1 & 2. Instead, warm the water and milk to about 100° F then place all the dough ingredients in a large bowl in the order they are listed. Mix together well or until a soft dough is formed. Transfer the dough to a lightly-oiled clean flat surface and knead the dough until it is elastic - about 10 to 12 minutes. Return the dough to a lightly oiled bowl, cover lightly with plastic wrap and let rise until doubled in size (about 1 – 2 hours). Continue recipe per instructions in steps 3 through 8.

YIELD: 15 Cinnamon Rolls

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace evaporated skim milk with 1 cup almond, rice, oat, or soy milk. Replace egg beaters with 2 Tablespoon Bob's Red Mill Egg replacer and 6 Tablespoons water. Replace Melt Buttery Spread with 1/3 cup coconut oil or 1/3 cup Earth Balance Vegan Buttery Sticks. Replace Weight Watcher's Cream Cheese Spread with 2 ounces of Follow Your Heart Cream Cheese Alternative. Replace dairy yogurt with 1 Tablespoon of soy or coconut yogurt.

Per Healthy Swaps Cinnamon Bun: 289 Calories, 38g Carbohydrates, 6 Fat, 7g Protein, 4g Dietary Fiber, 3mg Cholesterol, 146mg Sodium

Per Cinnamon Classic Bun: 880 Calories, 127g Carbohydrates, 36g fat, 13g Protein, 2g Dietary Fiber, 20mg Cholesterol, 830mg Sodium