



Homemade Cinnamon Rolls

The best homemade cinnamon rolls ever! If you love gooey cinnamon buns, here's the secret ingredient. Everyone raves about these homemade yeast rolls.

Course	Breakfast
Cuisine	American
Prep Time	30 minutes
Cook Time	19 minutes

Total Time 45 minutes

Servings 12

Calories 816 kcal

Ingredients

For the Dough:

- 1 cup warm milk (105-115 degrees F)
- 2 1/2 teaspoons instant dry yeast (I like Red Star Platinum)
- 2 large eggs at room temperature
- 1/3 cup butter melted
- 4 1/2 cups all-purpose flour
- 1 teaspoon salt
- 1/2 cup granulated sugar

For the Filling:

- 1/2 cup butter almost melted
- 1 cup packed brown sugar
- 2 tablespoons cinnamon
- 1/2 cup heavy cream

For the Frosting:

- 11 ounces cream cheese softened
- 2/3 cup butter softened
- 4 cups powdered sugar
- 1 tablespoon maple extract or vanilla

[US Customary](#) - [Metric](#)

Instructions

1. Pour the warm milk in the bowl of a stand mixer and sprinkle the yeast on top.
2. Add the eggs, butter, salt and sugar.
3. Add the flour and mix using the beater blade just until the ingredients are barely combined. Allow the mixture to rest for 5 minutes so the flour has time to soak up the liquids.
4. Scrape the dough off the beater blade and remove it. Attach the dough hook.
5. Beat the dough on medium speed for 5-7 minutes or until the dough is elastic and smooth. **The dough will be tacky and will still be sticking to the sides of the bowl. That's ok! Don't be tempted to add more flour at this point.
6. Spray a large bowl with cooking spray.
7. Use a rubber spatula to remove the dough from the mixer bowl and place it in the greased large bowl.
8. Cover the bowl with a towel or wax paper.

9. Set the bowl in a warm place and allow the dough to rise until double. I like to turn on the oven to the lowest setting for 1-2 minutes. Then turn off the oven and place the dough to rise in there. It normally takes about 30 minutes for the dough to rise. Do not allow the dough to rise too much or your cinnamon rolls will be airy.
10. While the dough is rising, prepare the cinnamon filling. In a medium bowl, combine the soft butter, brown sugar and cinnamon, mixing until well combined. Set aside.
11. Sprinkle a pastry mat generously with flour. Turn out the dough onto the pastry mat and sprinkle the top of the dough with additional flour.
12. Flour a rolling pin and roll the dough to about a 12x15" rectangle.
13. Use a rubber spatula to smooth the cinnamon filling over the whole dough rectangle.
14. Starting on the long end, roll the dough up tightly jelly roll style.
15. Cut into 12 slices and place in a greased 9x13 baking pan.*
16. Cover the pan and allow the rolls to rise for 20 minutes or until nearly double.
17. Preheat the oven to 375 degrees.
18. Warm the heavy cream until the chill is off. Don't make it hot...you just don't want it cold. It should be warm to the touch.
19. Once the rolls have risen, pour the heavy cream over the top of the rolls, allowing it to soak down in and around the rolls.
20. Bake at 375 degrees for 17-19 minutes, until the rolls are lightly golden brown and the center rolls are cooked through.
21. While the rolls are cooling, prepare the cream cheese frosting.
22. In a large bowl, combine the softened cream cheese and butter using a hand mixer. Blend well.
23. Add in your favorite extract and the powdered sugar. Beat until combined.
24. Spread the frosting over the cooled rolls.
25. Store in an airtight container.

Recipe Notes

*For smaller rolls, cut the dough into 15 slices and use a 10x15" baking pan.

*If you only make 12 rolls, you will most likely end up with extra frosting. You can either halve the recipe, or freeze the remaining frosting to use another time.

*The Calorie count shows the amount with ALL of the frosting used. There will be less calories in the rolls if you don't use all of the frosting at once.

Nutrition Facts

Homemade Cinnamon Rolls

Amount Per Serving

Calories 816 Calories from Fat 369

% Daily Value*

Total Fat 41g **63%**

Saturated Fat 24g **120%**

Cholesterol 149mg **50%**

Sodium 515mg **21%**

Potassium 172mg **5%**

Total Carbohydrates 105g **35%**

Dietary Fiber 1g **4%**

Sugars 67g

Protein 8g **16%**

Vitamin A 28.6%

Vitamin C 0.1%

Calcium 10.8%

Iron 14.9%

* Percent Daily Values are based on a 2000 calorie diet.