

Classic Cinnamon Rolls

INGREDIENTS

For the Dough

- **1 cup** milk (whole is best; if you don't have whole, add a tablespoon of cream to your measuring cup and then fill the rest of the way with other milk)
- **2/3 cup** granulated sugar or sugar alternative (I love [All Purpose In the Raw!](#))
- **2 packets or 1.5 tablespoons** [active dry yeast](#)
- **1/2 cup** butter, softened and in 4 pieces
- **2 large** eggs, at room temperature
- **1/2 teaspoon** salt
- **4.5 cups** (558 g) all-purpose flour, plus more for rolling



For Classic Cinnamon Filling

- **6 tablespoons** butter, softened
- **1/2 cup** granulated sugar or sugar alternative
- **1.5 tablespoons** cinnamon

For Apple Filling

- **6 tablespoons** butter, softened
- **1/2 cup** brown sugar or sugar alternative (I like [Swerve Brown](#))
- **1.5 tablespoons** cinnamon
- **2 cups** chopped and peeled apples (about 2 medium apples)

For Jam Filling

- **6 tablespoons** butter, softened
- **1/2 cup** jam of choice
- **1 cup** chopped fruit of choice (optional)

For Icing

- **1 cup** confectioner's sugar or sugar alternative
- **1/2 teaspoon** vanilla extract
- **2 tablespoons** milk

INSTRUCTIONS

1. **Making the dough.** First, warm your milk either in the microwave or on the stove until it's warm but not hot, about 95°F or 35°C. Add to the bowl of an electric stand mixer with a dough hook. Sprinkle sugar and yeast over the milk and whisk by hand for a few seconds (if you're using a sugar alternative, be sure to add at least a tablespoon of regular sugar to feed the yeast—don't worry, it'll eat it all up!). Let the yeast sit for 5-15 minutes, until it's creamy and foamy. Beat in the softened butter on low; it will break up but not totally incorporate. Add the eggs and salt. Gradually add the flour. Once all ingredients are added, increase speed to medium and mix until it turns into a soft dough. Increase

speed again to medium high and knead for 6 minutes.

2. **Proof the dough.** Turn the dough out onto a floured work surface and knead it by hand for a minute, then form into a ball. Put into a greased bowl, cover with plastic wrap, and let sit for 1-2 hours, or until it has doubled in size. (If your kitchen is cool, turn the oven onto the lowest setting, then **turn off** as soon as it reaches temp. Slide the bowl into the oven.
3. **Roll the dough.** Grease a 9×12 baking dish. Turn the risen dough out onto a floured work surface and roll to a 12×18" rectangle. Dough should be smooth and of even thickness.
4. **Filling.** Spread softened butter over the entire rectangle. If you're using the classic cinnamon filling, mix your sugar and cinnamon in a small bowl and then sprinkle evenly over it. If you're using fruit, spread the fruit (and brown sugar, for the apple) over the butter.
5. **Make the rolls.** Working from the LONG side, roll the dough into a tight log. You want it to be 18" long when you're done. Cut into 12 rolls. Arrange them in your baking dish with the cut sides up. Cover and store overnight or for about 12 hours in the fridge.
6. **Second Rise.** In the morning, remove the rolls from the fridge and let rise in a warm spot for 1-2 hours, until they're puffy.
7. **Bake.** Bake the rolls at 375°F / 190°C for 25 minutes or until the tops are golden brown. (Check them halfway through; if they're starting to brown too much, cover them with foil.) Remove from oven and let cool for about 10 minutes.
8. **Icing.** While the rolls cool, mix the icing ingredients in a medium bowl with a wire whisk. Spread evenly over rolls.
9. **Enjoy!**