

Healthier Cinnamon Buns

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 14 buns

Ingredients:

For the dough

- 2 – 2 ½ cups sifted whole wheat flour
- 2 ¼ teaspoons (7grams or one ¼-ounce package) dry yeast
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup warm nonfat milk (100-110° Fahrenheit)
- ½ tablespoon unsalted butter, melted
- 1 tablespoon cane sugar

For the filling

- 5 tablespoons cane sugar
- 2 teaspoons ground cinnamon
- ½ tablespoon unsalted butter, melted

Method of Preparation:

1. Preheat oven to 350 degrees. Lightly coat a 9-inch round spring form pan or cake pan with nonstick cooking spray.
2. To prepare dough, in a medium bowl, whisk together one cup of flour, all of the yeast, baking powder, and salt. In a large bowl, stir together milk, butter, and sugar. Add the flour mixture to the butter mixture. Continue to mix in the remaining flour, two tablespoons at a time, until dough begins to pull away from sides of the bowl.
3. Turn dough out onto a well-floured surface, and knead for 3-5 minutes, or until dough springs back most of the way when you gently press your index finger into it. Let it rest while preparing the filling.
4. For the filling, mix sugar and cinnamon together in a small bowl.
5. On a clean, well-floured surface, roll the dough out into a 16-inch-by-10-inch rectangle. Brush with melted butter (from filling ingredients), leaving a one-inch border on the two longer sides. Sprinkle with cinnamon sugar, leaving a one-inch border on the two longer sides again. Carefully roll up dough into a log, starting at one long edge and rolling towards the other one. Pinch free end onto the roll to seal. If dough won't stick together, gently brush second longer edge with water before pinching to seal.
6. Slice log into 14 pieces using dental floss or a sharp serrated knife. Place rolls on prepared pan. Bake 20-25 minutes, or until filling is bubbling and sides feel firm. Cool in pan for at least 10 minutes before serving.

Nutritional Analysis:

Calories: 80
Carbohydrates: 16 g
Sodium: 75 mg
Protein: 3 g
Fat: 1.5 g
Fiber: 2 g

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