



Ashley's Meal Prep Monday!



'Tastes like Christmas' Cinnamon Rolls

INGREDIENTS

ROLLS: 1 packet rapid rise yeast
 2 TBSP organic cane sugar
 3 cups all purpose flour GF
 1 cup + 2 TBSP almond milk
 2 TBSP extra virgin olive oil
 1/3 cup dairy free yogurt

FILLING: (double if you're filling AND topping)

1/3 cup coconut sugar
 1/3 cup melted vegan butter
 1 TBSP cinnamon



GLAZE: 1/2 cup vegan cream cheese

1/3 cup almond milk
 1/2 TSP vanilla
 1/4 cup organic cane sugar



Heat almond milk in microwave for 1-1.5 minutes, then add yogurt, sugar and olive oil and whisk together. Add to a large mixing bowl with the yeast and whisk well. Then, add flour 1/2 a cup at a time and stir. Once dough is mixed well, knead for a couple minutes.

Roll out dough into a large rectangle about 1/3 inch thick. Mix filling ingredients and spread across the entire rectangle. Starting at one end, tightly roll up dough and situate seam side down. Cut dough into roughly 1.5-2 inch section and place in greased 8x11 inch square baking pan. Cover with plastic wrap and place in fridge for a couple of hours. If making a double batch of filling, drizzle on top before going into the fridge or before the oven.

Bake at 350 for about 24 minutes. Whisk glaze ingredients together then pour on top and enjoy!

Recipe: upbeatandkaleingitblog.com

