

Cinna-Muffins



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Pillow soft with a buttery cinnamon sugar filling, these cinnamon rolls are baked in a muffin tin for tall, soft, perfectly portioned rolls of joy.

Ingredients

Dough

- 360 ml dairy free milk of choice
- 90 g dairy free salted butter of choice
- 30g light brown sugar
- 5g quick rise dry yeast
- 490g strong white bread flour
- 1 tsp baking powder
- 2 tsp cinnamon

Filling

- 180g dairy free butter of choice, softened
- 100g light brown sugar
- 2 tsp cinnamon

Glaze

- 2 tbsp dairy free milk
- 200g icing sugar

Instructions

1. In a saucepan, whisk together the milk, sugar and butter over medium heat. Heat until the butter has melted and then remove from the heat. Leave to cool to 37 - 39 degrees, or similar to a warm bath.
2. Gently mix the yeast into the milk and cover so the yeast can activate. A healthy activated yeast will start to pop to the top and bubble - the top of the mixture should be foamy and frothy.
3. In a large bowl, add 450g of the flour, cinnamon and baking powder. Pour the activated yeast mixture in. Mix with a wooden spoon until just combined.
4. Cover the bowl with a towel or plastic wrap and put the covered dough into a warm place for at least an 1 hour. It should double in size.
5. Whilst the dough is rising, make the filling. Add the soft butter to a small bowl. Pour in the cinnamon and brown sugar and gently press this into the butter using a fork. Mix until you have a spreadable paste. Set aside.
6. Remove the cover of the risen dough and add the remaining flour. Gently knead the dough (either in a stand mixer with a dough hook or by hand) adding additional flour as necessary, just until the dough loses its stickiness.

7. Transfer to a lightly floured surface and roll the dough out into a large rectangle.
8. Spread the cinnamon butter over the dough.
9. Cut the dough into 6 pieces. Roll tightly.
10. Place the rolls in a lined and greased giant muffin tin. Cover with plastic wrap and leave to rise for 45 minutes.
11. Remove plastic wrap. Bake the rolls at 180°C for 25-30 minutes, until golden brown.
12. Make the glaze by adding the sugar to a jug. Slowly add the milk and mix until you have a smooth, pourable consistency (add more milk for a thinner consistency and less milk for a thicker consistency). Cover the rolls whilst still warm and then leave to set for about 30 minutes before serving.

Notes

This recipe can be made with both dairy and non-dairy ingredients.

I used almond milk and dairy-free block butter.



