

Paleo Cinnamon Roll Recipe - Paleo Cupboard

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PALEO CINNAMON ROLLS



Paleo cinnamon rolls....where do I begin? These are not the cinnamon rolls that you buy at the mall ... the ones that are bigger than your head and come topped in some white paste. The roll that could feed a family of five for at least a week. These are small rolls that are made of almond and [coconut flour](#) and topped with a [raw honey](#) and [coconut oil](#) glaze. They will not taste like the mall rolls...and to me that is a good thing.

I was a little nervous making these because working with almond and [coconut flours](#) can be tricky. Getting the ratio of dry and wet ingredients right can take some trial and error, but the dough came out looking good so I was optimistic. After they had cooled a couple minutes, I taste-tested these on my guinea pig (husband) and he started grabbing for more before I could get even them onto the tray. It's always a good sign when he is rushing my picture taking so that he can dig into whatever it is I made. I hope you enjoy these as much as we did!

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Paleo Cinnamon Rolls

Prep time: 20 mins Cook time: 22 mins
Inactive: 10 mins Servings: 9

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Ingredients:

ROLLS

- 1 3/4 cups finely ground blanched [almond flour](#)
- 1/4 cup [coconut flour](#)
- 1/2 tsp. [sea salt](#)
- 1/4 cup [coconut oil](#) or [ghee](#), softened
- 2 Tbsp. [raw honey](#), softened
- 2 large eggs, room temperature
- 1 Tbsp. [vanilla extract](#)

FILLING

- 1/4 cup [raw honey](#)
- 2 Tbsp. [coconut oil](#) or [ghee](#)
- 2 Tbsp. ground cinnamon
- 1/2 cup raisins (optional)

GLAZE

- 1/4 cup [raw honey](#), softened
- 1/4 cup [coconut oil](#) or [ghee](#), softened
- 2 tsp. [vanilla extract](#)

TOPPING

- 1/2 cup chopped pecans (optional)

Equipment:

- Mixing bowls
- Whisk
- Fork
- [Measuring cups](#) and spoons
- Rolling pin
- [Cutting board](#)
- Parchment paper
- Baking sheet

Directions:

1. Preheat the oven to 350F.
 2. In a medium sized bowl bowl, whisk together the [coconut oil](#), [raw honey](#), vanilla and eggs.
 3. In a large bowl, combine the [almond flour](#), [coconut flour](#) and [sea salt](#) and mix to combine with a fork, breaking up any chunks.
 4. Add the egg mixture to the [almond flour](#) mixture and knead the dough until it is smooth. If the dough is too wet, add 1 tsp. [coconut flour](#) at a time until desired consistency is reached. Place the dough in the fridge for 15 minutes.
 5. While the dough is cooling, mix the [coconut oil](#) and [raw honey](#) for the filling together in small bowl and set aside.
 6. Using a rolling pin, roll the dough out between two sheets of parchment paper, sprinkling a little [almond flour](#) on each side of the dough before rolling. You want to form a large rectangle (see pictures below).
 7. Drizzle the filling evenly over the dough, using the back of the spoon to spread it all around. Sprinkle the cinnamon on top and then the raisins (optional).
 8. Roll the dough, starting at one of the shorter ends, until it forms a log. You want to work carefully and slowly in order to get the dough to roll correctly (see picture below). Once the whole log is rolled, roll it gently until it is smooth on all sides.
 9. Slice the rolls into 2 inch thick sections using a large [chef knife](#). You should have about 9 rolls. Lay each piece (flat side down) on a baking sheet lined with parchment paper.
 10. Bake 17-21 min or until the tops are lightly browned. Keep your eye on them - you will rather they be underdone than overdone.
 11. Remove from the oven and let cool for at least 10 minutes. Mix the glaze ingredients together in a small bowl while the rolls are cooling.
 12. Drizzle with the glaze and add toppings (optional) right before serving.
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