

Soft Cinnamon Rolls



Cinnamon rolls that you make the night before and bake the next morning. The recipe is my sister's, who is a Home Economics teacher.

Prep: 30 mins

Cook: 20 mins

Additional: 45 mins

Total: 1 hr 35 mins

Servings: 12

Yield: 1 - 8x8 inch pan



Ingredients

1 (.25 ounce) package active dry yeast

$\frac{3}{4}$ cup warm water (110 degrees F/45 degrees C)

$\frac{1}{4}$ cup white sugar

$\frac{3}{4}$ teaspoon salt

1 egg, room temperature

2 $\frac{1}{2}$ cups bread flour

$\frac{1}{4}$ cup butter, softened

1 tablespoon ground cinnamon

$\frac{1}{2}$ cup brown sugar

Directions

Step 1

In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes.

Step 2

In a large bowl, combine the yeast mixture with the sugar, salt, egg and 1 cup flour; stir well to combine. Stir in the remaining flour, $\frac{1}{2}$ cup at a time, beating well with each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Cover with a damp cloth and let rest for 10 minutes.

Step 3

Lightly grease an 8x8 inch square baking pan. Roll dough out on a lightly floured surface to $\frac{1}{4}$ inch thick rectangle. Smear the dough with butter and sprinkle with cinnamon and brown sugar. Roll up the dough along the long edge until it forms a roll. Slice the roll into 16 equal size pieces and place them in the pan with the cut side up.

Step 4

Cover pan with plastic wrap and refrigerate overnight or cover and let rise at room temperature until doubled in volume, about 45 minutes.

Step 5

Preheat oven to 400 degrees F (200 degrees C). Bake rolls until golden brown, about 20 minutes.

Nutrition Facts

Per Serving: 172 calories; protein 3.8g; carbohydrates 28.9g; fat 4.7g; cholesterol 25.7mg; sodium 181.4mg.