



**NUTRITION** *per serving* 110g carbohydrates 30g fat 13g protein 1198mg sodium | vegetarian, soy-free, nut-free



Calories  
754



Prep & Cook Time  
45-55 min.



Cook Within  
7 days



Difficulty  
Expert



Spice Level  
Not Spicy



HOME CHEF

BREAKFAST (CUSTOMER FAVORITE)

## Cinnamon Rolls from Scratch

with cream cheese frosting

### IN YOUR BOX

2 oz. Cream Cheese  
3 oz. Butter  
1 $\frac{3}{4}$  Cup Self Rising Flour  
8 oz. Vanilla Greek Yogurt  
 $\frac{1}{2}$  Cup Powdered Sugar  
1  $\frac{1}{2}$  Tbsp. Ground Cinnamon  
 $\frac{1}{3}$  Cup Light Brown Sugar

### IN YOUR KITCHEN

Salt  
Cooking Spray  
Mixing Bowl  
2 Small Bowls  
Small Oven-Safe Pan

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Set cream cheese on counter to soften

## WHILE YOU COOK

- **Heads Up!** Melted butter is used twice in this recipe. 2 Tbsp. goes in **dough** and remaining is used in the **cinnamon filling**.
- **Heads Up!** Flour is used twice in this recipe. ¼ cup is set aside as **bench flour** and remaining goes in **dough**.
- **Heads Up!** Powdered sugar is used twice in this recipe. Half goes in **dough** and remaining becomes part of **frosting**.

## FROM THE CHEF

When rolling dough into a cylinder, apply light, even pressure to avoid squeezing out any cinnamon filling.

Keep dough from sticking to your hands by rubbing reserved bench flour on them.

### Did you know...

Self-rising flour is all-purpose flour that has leaveners added to it, which gives these rolls their soft, puffy texture.



## Prepare the Butter

Melt **butter** in microwave for 30 seconds to 1 minute or in a small pan over low heat. Set aside 2 Tbsp. **melted butter** for making **dough** in next step.



## Form and Knead the Dough

Set aside ¼ cup **flour** to be used for your work surface. This is called “**bench flour**”, used to prevent dough from sticking. Add **remaining flour** to large mixing bowl along with reserved 2 Tbsp. **butter**. Add **yogurt**, half the **powdered sugar**, and 1 Tbsp. **water**. Mix with clean hands to form a rough, shaggy dough. Sprinkle some **bench flour** on work surface. Turn out dough and knead on work surface until it becomes a smooth and slightly sticky dough ball. Allow **dough** to rest 5 minutes. In a separate small bowl, stir together **remaining butter**, **cinnamon**, **brown sugar**, and ¼ tsp. **salt**.



## Roll the Dough

Flour work surface once more with **bench flour** and, using a rolling pin, bottle, or small can, flatten **dough** out into an oval about 8” by 11”. *No need for a ruler — that’s roughly the same size as this recipe card.* Spread **cinnamon mixture** onto dough, covering the entire surface. Starting on the short side, roll up length of **dough** to make a cylinder.



## Bake the Rolls

Slice **dough cylinder** into six equal pieces. Spray a small oven-safe pan or 8” pie or cake pan with **cooking spray** and set rolls inside so they fit snugly against each other. *This keeps them from unrolling during baking and makes them puff upwards.* Place in oven and bake 30-35 minutes, or until lightly browned on top.



## Make the Frosting

While cinnamon rolls are baking, stir together **softened cream cheese**, remaining **powdered sugar**, 1 Tbsp. **water**, and ¼ tsp. **salt** in a small bowl until smooth. Spread or drizzle over **hot cinnamon rolls** once removed from oven. *If cream cheese is taking a while to soften, try setting it on top of a preheated oven for a few minutes. This trick works for butter, too!*



## Plate the Dish

Set two **cinnamon rolls** on each plate and enjoy. *The remaining two rolls are extra! Store in your refrigerator for up to a week, or in a freezer for up to two months.*