

# Cinnamon Rolls

Cinnamon rolls that are oil-free, fluffy and full of flavor.

Prep:  
**80 minutes**

Cook:  
**30 minutes**

Ready In:  
**2 hours**

Servings:  
**12**



## Dough

3 cups whole wheat flour\*  
1 packet dry yeast  
1 cup sweetened\*\* plant milk  
1/2 tsp salt

## Filling

10 dates, soaked  
1/4-1/2 cup water  
1 tsp cinnamon

## Topping

1/4 cup cashews, soaked  
1/4 cup water  
4 tbsp maple syrup or 3 dates  
1/2 tsp cinnamon

## Instructions

**1** Warm up plant milk in microwave or pan to a warm temperature between 90-100 degrees. It should feel warm when you stick your finger in it but not hot. Add yeast, stir and let it sit for 10 minutes. Pour milk and salt into a large mixing bowl and slowly add in flour 1/2 c at a time. Once you get to the last 1/2 cup you are going to need to use your hands to kneed the dough together a bit but be gentle not to over work it. When you get all the flour incorporated roll it into a ball and cover with plastic wrap in the bowl. Let sit out 1 hour to rise. \*You can use a gluten free flour but it makes a much more dense and harder cinnamon roll. They will also not rise as much as if using wheat flour. \*\* Make sure to use a sweetened plant milk so that the yeast has something to activate off of. I used oat milk.

**2** Preheat oven to 350 degrees. While the dough is rising take your soaked dates and blend them with the water and cinnamon. Add water a little bit at a time. You want this to be more like a paste that you can spread and not runny. In the same blender jug you can blend together your cashew creme topping.

**3** Once the dough has risen for an hour place it on a well floured surface and roll it out into a big square. Spread your filling over the top and roll into a cylinder. Cut in half and each half into 6 pieces. Place the cinnamon rolls in a non stick 9x9 baking tray or a pie dish.

**4** Place cinnamon rolls uncovered for 30 minutes. You don't want to overcook these or they will become hard and more crispy. Let cool 15 minutes then add topping and serve.