

Sprouted Wheat Flour Cinnamon Rolls

Adapted from "A Spicy Perspective"

1 c. scalded milk
½ c. butter (softened to room temp.)
1/3 c. granulated sugar
1 ½ T. dry active yeast
2 large eggs
2 ½ c. all purpose flour
3 c. sprouted wheat flour
2 tsp. salt.

- Pour the scalded milk into the bowl of the electric mixer. Add the butter to it and allow it to melt completely. Stir in the sugar and ½ c. of the all purpose flour. Add the yeast and allow to foam for 10 min.
- Using the dough hook on the mixer, turn onto low. Add the eggs, salt, and the remaining flour. Knead the dough in the mixer for about 2 minutes. If it seems sticky, add a little more flour. Allow the dough to knead for about 10 minutes.
- Allow the dough to rise in a warm place until it doubles in size.
- Roll the dough out on a work surface into a 16 x 20 rectangle.

Cinnamon Filling:

- Spread ½ c. softened butter over the entire rectangle of dough.
- Sprinkle the rectangle with granulated sugar.
- Cover the granulated sugar layer with brown sugar.
- Top the brown sugar with a layer of cinnamon.
- Starting at the long edge, tightly roll up the dough. Cut the roll into 12 equal slices.
- Place the slices in a parchment lined 9 x 13 pan.
- Allow the rolls to rise for 30-45 min.
- Bake the rolls in a 350 degree oven for 30 min.

Cream Cheese Icing:

- While the rolls are baking, mix together ½ c cream cheese, softened, ¼ c. butter, softened, 1 tsp vanilla extract, 2 c. powdered sugar. Beat until smooth.
- When the rolls come out of the oven, spread ½ of the frosting on immediately. Spread the rest on when they are cooler.
- Enjoy!

