

Christmas Cinnamon Rolls

THM-Friendly: XO

- 1/2 cup half-and-half
- 1/4 cup olive oil
- 1 Tbsp. quick yeast
- 1/4 cup honey
- 1 tsp. mineral salt
- 2 cups sprouted whole wheat flour

- 1 1/2 cups Brown Swerve
- 6 Tbsp. butter, melted
- 3 Tbsp. cinnamon

- 1 cup powdered Swerve
- 2 Tbsp. butter, melted
- 1 tsp. vanilla
- 2-3 Tbsp. half-and-half



Scald half-and-half with the olive oil. Let cool. In a large bowl, mix two cups of warm water (105 degrees) with the yeast, honey, and salt. Let sit for ten minutes. Add the scalded milk to the yeast mixture. Next, add 2 cups of sprouted whole wheat flour and mix well. Continue to add 1 cup at a time and mix well until you have a nice soft dough that's not overly sticky, usually about 4-5 cups total. Knead well (10-15 minutes). Let the dough rise in an oiled bowl until doubled in size. Flour your counter and roll out the dough until a large rectangle about 1/2" thick. In another bowl combine the Brown Swerve, 6 Tbsp. melted butter and the cinnamon. Mix to a paste and spread over dough with your hands until even. Roll tightly and slice 2-3 inches thick. Put together closely in a large greased pan. Cover with Saran Wrap. Put in the fridge overnight.

In the morning take out 2-3 hours prior to baking. Let it double in size. Bake for 30 minutes at 350. Tops should be golden brown.

Glaze: Stir together briskly the powdered Swerve, 2 Tbsp. melted butter, vanilla, and the half-and-half. Spread on slightly warm rolls.

enJOY!

