

Baking Kit Instructions

WHAT'S INCLUDED: Dough Mix, Cinnamon & Sugar Blend, and Vanilla Icing

WHAT YOU'LL NEED: water • flour (for dusting) • nonstick cooking spray • quart bowl • 1 stick of butter • rolling pin • unflavored dental floss (for cutting)

PREP

- Preheat the oven to 350 degrees Fahrenheit.
- Retrieve 1 stick of butter from the fridge to soften.

MIX

Bloom the yeast.

- In a large bowl, dissolve the contents of 1 yeast packet in 1.5 cups of lukewarm water. The water needs to be warm enough to activate the yeast (approx. 110° F).
- Mix together, making sure that every piece of yeast is wet.
- Let sit for 7-10 minutes in a warm place. Cold places will slow down the blooming process. (Elect. Mixer use Dough Hook)

Once the yeast is activated, proceed to the next step.

- You will know that it is ready when there are bubbles in the water/yeast mix.

Add 1 dough mix packet to yeast/water mixture.

- Using a rubber spatula, a counter mixer, or your hands, mix until the dough ball forms. The dough will be sticky and wet. If using a mixer, please use the dough hook and speed 1.

Once the dough ball is made, cover the bowl with plastic wrap and let rise for 30-45 minutes.

- Dough should be a little less than double in size.
- While the dough is rising, you can butter your pans and make your cinnamon roll filling.

Once the dough has fully risen, remove from the bowl and place the dough ball onto a lightly floured surface and knead until soft, smooth, and bounces back when you push on it. (approximately 7-10 minutes).

FILLING

- Use 1 stick of butter softened (not melted). It needs

to be very soft.

- Place the soft butter into a bowl and mix in the provided cinnamon and sugar mix packet.
- Set butter/cinnamon sugar mix aside (keep butter soft, not melted).

ROLL

- Lightly flour the rolling surface. Keep the amount of flour on the rolling surface very light and be careful not to use too much flour.
- Start stretching your dough by hand.
- Roll the dough out in a 14-16" × 8-12" rectangle.
- Using a rubber spatula or spoon, evenly spread the butter and cinnamon and sugar mixture evenly on the entire rolled dough.
- Roll up the dough tightly.
 - Starting from either side and roll the dough tight and even.
 - Take your time.
- Cut, using dental floss, into 10-12 even-sized rolls.
- Arrange in a lightly greased 9-inch round cake pan or pie dish.
- In a round 9" pan you should have 6 rolls per pan.
- Cover with a towel and let the cinnamon rolls rise for 35-45 minutes.
- Proofing will give you fluffy rolls. Don't skip this step.

BAKE

- Bake for 25-30 minutes at 350 degrees Fahrenheit until lightly browned. If you notice the tops are getting too brown too quickly, turn your oven down to 320 degrees Fahrenheit, or loosely cover the rolls with aluminum foil and continue baking.
- Let baked rolls sit for 10 minutes.
- Once they have rested for 10 minutes, place the packets of icing on them making a gooey topping.
- **SERVE!**