

Helergon Kitchen

Banana Bread Cinnamon Rolls with Cream Cheese Frosting

20 min Prep time	**25 min** Cook time	**45 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Roll Dough

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1/2 cup unsalted butter, softened
- [ ] 1/2 cup brown sugar
- [ ] 2 large eggs
- [ ] 1 cup mashed ripe bananas (about 2–3 bananas)
- [ ] 1/4 cup milk
- [ ] 1 tsp vanilla extract

Cinnamon Swirl

- [ ] 1/4 cup unsalted butter, melted
- [ ] 1/4 cup brown sugar
- [ ] 2 tsp ground cinnamon

Cream Cheese Frosting

- [ ] 4 oz cream cheese, softened
- [ ] 2 tbsp unsalted butter, softened
- [ ] 1 cup powdered sugar, sifted
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice

Instructions

1. Preheat oven to 350°F (175°C). Grease a 9-x-13-inch baking pan or line with parchment.
2. In a bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.
3. Cream butter and brown sugar until light, then beat in eggs, mashed bananas, milk, and vanilla.
4. Gradually add dry ingredients to the wet mixture, stirring just until combined; avoid over-mixing.
5. Turn dough onto a lightly floured surface, roll into a ~12×8-inch rectangle.
6. Brush melted butter over the dough, then sprinkle the cinnamon-brown-sugar mixture evenly.
7. Starting from the long side, roll tightly into a log and cut into 8 equal pieces; place them seam-side up in the pan.
8. Bake for 20-25 minutes, until golden and a toothpick comes out clean. Let cool slightly.
9. While rolls are cooling, beat cream cheese, butter, powdered sugar, vanilla, and lemon juice until smooth; spread over warm rolls.

Nutrition per serving

320 kcal	5 g	44 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the rolls start to brown too quickly, tent with foil during the last 5 minutes.
- For extra glaze, brush the tops with a little melted butter right after baking.
- You can add a handful of chopped walnuts to the cinnamon swirl for added crunch.