

Helergon Kitchen

Homemade Cinnamon Rolls: Best Recipe

20 min Prep time	**20 min** Cook time	**40 min** Total time
8 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 4 cups all-purpose flour
- [ ] 1 packet (2 1/4 tsp) active dry yeast
- [ ] 1/3 cup warm milk
- [ ] 1/4 cup warm water
- [ ] 1/4 cup granulated sugar
- [ ] 1/3 cup unsalted butter, melted
- [ ] 1 tsp salt
- [ ] 2 large eggs

Filling

- [ ] 1/2 cup unsalted butter, softened
- [ ] 1 cup brown sugar, packed
- [ ] 2 tbsp ground cinnamon

Glaze

- [ ] 1 cup powdered sugar
- [ ] 2 tbsp milk
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice

Instructions

1. In a small bowl combine warm milk, warm water, sugar, and yeast; let sit 5-7 minutes until foamy.
2. In a large mixing bowl whisk flour and salt; add melted butter, eggs, and the yeast mixture, then knead until smooth, about 8 minutes.
3. Cover the dough with a clean towel and let it rise in a warm spot until doubled, roughly 1 hour.
4. While the dough rises, mix softened butter, brown sugar, and cinnamon for the filling.
5. Punch down the risen dough, roll it into a 12×18-inch rectangle, and spread the cinnamon-sugar mixture evenly.
6. Roll the dough tightly, slice into 8 equal pieces, place on a greased baking sheet, and let rise again 20 minutes.
7. Preheat oven to 350°F (175°C); bake rolls 20-22 minutes until golden brown.
8. Whisk together powdered sugar, milk, vanilla, and lemon juice; drizzle over warm rolls and serve.

Nutrition per serving

340 kcal	6 g	48 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough is too sticky, add flour a tablespoon at a time.
- For extra fluff, let the rolls rest for a few minutes before glazing.
- You can sprinkle toasted pecans on top before baking for added crunch.