

COTTAGE CHEESE CINNAMON ROLLS

Ingredients:

- 2 cups cottage cheese
- 1 egg
- 1 tsp vanilla extract
- 1 $\frac{3}{4}$ cups all-purpose flour
- 2 $\frac{1}{2}$ tsp baking powder

Filling

- 1 tbsp coconut oil or melted butter
- $\frac{1}{4}$ cup brown sugar
- 3tbsp cinnamon

Icing

- 2 tbsp cottage cheese
- 3 tbsp powdered sugar
- $\frac{1}{2}$ tsp vanilla



Instructions:

1. Preheat oven to 350 degrees F.
2. Mix cottage cheese, egg, and vanilla in a blender or with a hand mixer until smooth. Pour into a large bowl if using a blender.
3. Add flour and baking powder. Mix until a dough ball forms. If it feels sticky add a little extra flour 1 tbsp at a time.
4. Lightly flour a clean surface and roll your dough into a rectangle about $\frac{1}{4}$ inch thick. Brush with coconut oil or butter.
5. Mix the brown sugar and coconut oil or butter until a paste forms and evenly spread it over the rolled dough.
6. Slice into 5 strips using a knife or pizza cutter.
7. Roll each strip tightly, starting at one end. Place in a lightly greased or parchment lined baking pan. Bake for about 15 minutes or until golden brown and baked through.
8. While the rolls bake, mix frosting ingredients together by blending or stirring with a spoon.
9. Cool rolls for a few minutes. Drizzle with icing and enjoy!

Nutrition Facts

Cottage Cheese Cinnamon Rolls

Makes 5 rolls

Serving Size: 1 roll

Nutrition break down per serving

Calories: **355 kcal**, Carbohydrates: **50 g**, Protein: **19 g**, Fat: **9 g**, Fiber: **1.5 g**,
Sugar: **18 g**