



Cinnamon Rolls

Recipe makes:

12 Rolls

Preparation time:

12 minutes

Chilling time:

10 minutes

Baking time:

20 minutes

Nutritional Information

1 Roll

Energy	93kcal
Carbohydrates of which sugars	0.6g 0.4g
Protein	5.0g
Fat	7.8g

Ingredients:

Dough:

- 170g shredded mozzarella
- 2 tbsp reduced-fat cream cheese
- 1 medium egg at room temperature
- 84g ground almond
- ½ tsp baking powder
- Spray oil

Filling:

- 2 tbsp brown sugar erythritol
- 2 tsp ground cinnamon
- A few drops of water

Frosting:

- 2 tbsp reduced-fat cream cheese
- 1 tsp Greek yogurt
- ½ tsp erythritol or other suitable artificial sugar that is equivalent of ½ tsp real sugar
- ½ tsp vanilla extract

Serving Suggestions:

- Serve warm or cold!

Method:

1. Preheat oven to 180°C/ fan 160°C/ gas mark 4.
2. Line a baking sheet.
3. In a microwave safe bowl, melt mozzarella and cream cheese in the microwave (600W) for 30 seconds, and mix well. Repeat this step twice so you have melted the cheese for a total of 90 seconds mixing well in between. Ensure the cheese is melted but not bubbling. Stir in the egg and mix well.
4. Stir in the egg and mix well.
5. In a separate bowl mix the almond flour and baking powder together.
6. Add the flour mix to the cheese mix and stir well.
7. Using lightly oiled hands knead the mix like a dough.
8. Divide the dough into 6 even portions and chill for 10 minutes so they become easier to handle. Chill for longer if needed.
9. Meanwhile prepare the filling: In a bowl mix the sweetener and cinnamon together. Add a little water and mix until the filling is paste consistency. Set aside until ready to use.
10. When the dough is chilled, lightly spray-oil two parchment papers and place them on the work surface.
11. Roll each dough in between the oiled parchment papers as thin as you can into a square or an oval shape. Place the flattened dough on a lightly oiled surface. Repeat this until all 6 dough portions have been flattened. Reuse the parchment papers by spray-oiling in between.
12. Divide equally the cinnamon paste filling onto the flattened doughs and spread the paste thinly with a spoon or a palette knife.
13. Using your lightly oiled hands roll each dough into a sausage shape and cut in half to make two rolls.
14. Place the rolls on the lined baking sheet and bake for 20 minutes or until golden.
15. Meanwhile prepare the frosting: In a small bowl mix cream cheese, yogurt, sweetener and vanilla together. Set aside until ready to use.
16. When the rolls are ready, spread frosting over the rolls equally whilst still warm.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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