



Easy Whole Wheat Cinnamon Rolls

By: Tracy Oldfather

Bring a smile to someone's face with a soft and fluffy cinnamon roll. Orange is my husband's glaze of choice; give it a try.

Dough:

May be doubled

1-1/2 cups **Warm Water**

1/4 cup **Sucanat***, Raw Sugar or Honey

1-1/2 teaspoons **Sea Salt**

1 Tablespoons **Sunflower Lecithin** (optional)

1 teaspoon **Gluten** (optional)

4-5 cups **Fresh Milled Whole Wheat Flour:**
Hard Red or Hard White*

1 Tablespoons **Instant Yeast**

1/4 cup **Olive Oil**

1/4 cup **Fresh Ground Flax Seed** (optional)

1/3 to 1 cup Chopped **Pecans**, Walnuts and/or Raisins

Instructions

1. **Grease Pan:** Grease your pan with butter.
2. **Soak Raisins:** For softer raisins, place them in a bowl and cover by an inch or so with apple juice, water or bourbon. *Tip: if you do not soak firm raisins they may be firm in you rolls.*
3. **First 5 Ingredients:** In a mixer bowl add the first 5 ingredients. Give them a good stir.
4. **Add half the Flour & Yeast:** Position your dough hook on the mixer; add half the flour and sprinkle the yeast on top. Mix on low for about a minute.
5. **Resting:** Cover the bowl and allow the mixture to rest for about 10-15 minutes to absorb the moisture.
6. **Add Oil & Flax Seed:** After the resting period, remove the covering and add the oil and flax seed.
7. **Adding Remaining Flour:** Turn mixer on low; begin adding additional flour 1/2 cup at a time, allowing the dough hook to work in the flour a few turns. Continue adding flour UNTIL dough pulls away or **CLEANS** the side of the bowl **ONE** time. Then **STOP** adding flour. See next page.



Makes: 10-15 Rolls

Filling:

1/4 cup **Softened Butter**

1 to 2 Tablespoons **Cinnamon**

1/4 to 1/2 cup **Sucanat** or Brown Sugar

Glaze:

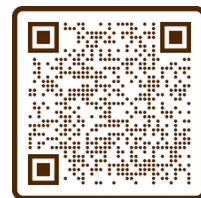
2 to 3 Tablespoon **Orange Juice** or Milk

1 cup **Powdered Sugar**

1/4 teaspoons **Vanilla**

*Dough may be slightly sticky, may stick to the sides or pool at the bottom of the bowl; but, DON'T be tempted to add more flour. Just let the dough hook do it's thing, working in all the flour.

8. **Kneading**: Start your timer and **knead for 8 minutes** (by hand, 10-15 minutes).
9. **Roll out Dough**: Pour some olive **oil on your hands and work surface**. (Do not use flour on your surface; this can make the dough heavier). This dough makes approximately 2 lbs. of dough. **Cut the dough in half** making two smaller batches to work with. **Roll** or press **dough into a 14 x 12 inch rectangle**. Remember, thinner the dough the more goody in the middle.
10. **Filling**: Brush rolled-out dough with **softened butter** - **sprinkle** liberally with **cinnamon** - **sprinkle sweetener** - scatter chopped **pecans & raisins**. Divide filling between both batches of dough.
11. **Roll up dough**: **On one long side, start rolling the dough** (similar to rolling a sleeping bag.) As you roll, **pull the dough toward you a little to make the roll tight**. Pinch seam.
Roll from the long side - smaller rolls. Roll from the short side - larger rolls.
12. **Cut Rolls**: **Cut rolls about 1-1/2 inches wide** (about 2-fingers wide) using a dough cutter, sharp knife, or dental floss. **Place rolls in greased** or lined **baking dish**, cake pan or stone.
Repeat with other batch of dough.
13. **Rising**: **Cover with plastic wrap** or light towel and **let rise in a warm, draft-free place about 20-40 minutes** or until doubled.
14. **Preheat oven to 350 degrees**.
15. **Baking**: **Bake 20-25 minutes** in a preheated 350 degree oven.
Allow rolls to cool slightly before glazing.



Glaze:

Mix together juice or milk, powdered sugar and vanilla; adding more liquid or sugar as needed for drizzle or spreadable consistency, similar to soft butter. Allow rolls to cool slightly before glazing; then, drizzle or spread the glaze to your liking.

*Tips:

Sucanat – Sucanat is simply real brown sugar. You may substitute raw honey or white sugar.

Sunflower Lecithin: Lecithin helps soften the dough and metabolize saturated fat and cholesterol.

Gluten – Gluten helps the bread to rise, totally optional.

Beans Flour: For even more nutrition, throw in a handful of dried navy, northern or baby Lima beans in with your grain when you mill. You will be adding a ton of nutrients, protein and fiber. Who knew? Power-up those rolls!