

Cinnamon Rolls

Prep Time: 12 minutes + cooking time

Cinnamon Rolls Recipe:

1 tsp yeast
1/4 cup luke warm water
1/2 cup agave nectar
1 tsp salt
3 tsp egg substitute
1/2 cup coconut oil
1 cup luke warm almond milk
4-1/2 cups spelt flour

Instructions:

Preheat oven to 400 degrees. Mix yeast, water and sprinkle of sugar in a small bowl. Mix sugar, salt, egg substitute and coconut oil in a large bowl. Add spelt flour. Add almond milk and mix thoroughly.

Roll dough into oblong, 15 x 9". Spread with 2 tbsp softened vegan butter and sprinkle with 1/2 cup agave nectar and 2 tsp cinnamon. Roll up tightly, beginning at wide side. Seal well by pinching edges of roll together. Stretch roll slightly to even. Cut roll into 1" slices. Place a little apart in greased 13x9" pan or 18 greased muffin cups.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org