

Bread-in-a-Bag Cinnamon Rolls

Makes 6-8 servings | **Grains**

Ingredients

Dough

- 1 ½ cups whole-wheat flour
- 1 package rapid rise yeast (or 2 ½ teaspoons)
- 3 Tablespoons sugar
- 3 Tablespoons nonfat dry milk powder
- 1 teaspoon salt
- 1 cup hot water (125-130°F)
- 3 Tablespoons canola oil
- 1 ½ cups all-purpose flour (approximate)
- Nonstick spray

Icing (optional)

- 2-3 cups powder sugar
- ⅛ – ¼ cup water
- 1 teaspoon vanilla extract
- Resealable plastic bag or bowl

Filling

- 2 Tablespoons margarine (melted)
- ½ cup brown sugar (or ¼ cup brown and ¼ cup white sugar)
- 2 teaspoons cinnamon
- ½ cup raisins or chopped nuts (optional)

Directions

1. Wash hands with warm, soapy water.
2. Combine whole-wheat flour, yeast, sugar, dry milk powder, and salt in a 1 gallon heavy-duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.
3. Add hot water and oil to the bag and reseal it. Mix by working bag with fingers.
4. Gradually add enough all-purpose flour to the bag to make a stiff dough that pulls away from the bag.
5. Place dough on a floured surface. Knead 2-4 minutes until smooth and elastic.
6. Cover dough and let it rest for 10 minutes.

Continued on the back

7. Roll out dough into a rectangle 12×7-inch.
8. Spread margarine to cover the dough, avoiding the edges.
9. Sprinkle on cinnamon-sugar mixture. Add raisins or chopped nuts, if desired.
10. Roll up dough from the long end and seal edges.
11. Cut into 1-inch slices to make 12 rolls.
12. Place in an 9" x 13-inch baking dish coated with non-stick spray.
13. Cover and let rise 20-30 minutes.
14. Bake at 375°F for 20-25 minutes or until golden brown. Remove from dish. Cover with icing, if desired.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyo.cnpp.org/> | cnp-info@uwyo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.