

# Food Babe's Homemade Real Food Cinnabons



Prep Time:	Cook Time:	Total Time:	Serves:
1 hr	40 mins	1 hr, 40 mins	8

<https://foodbabe.com/homemade-cinnabons>

## Dough:

- 6 tablespoons butter (grass fed is best)
- 2 cups almond flour (nut allergy - use spelt flour)
- 2 tablespoons almond flour (nut allergy - use spelt flour)
- ¼ cup tapioca flour
- ½ cup arrowroot flour
- 2 tablespoons arrowroot flour
- 6 tablespoons coconut flour
- 1 ¼ teaspoons baking powder (Aluminum free)
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 2 tablespoons coconut sugar
- 1 cup coconut milk
- 2 tablespoons fresh lemon juice

## Spice Swirl:

- ½ cup coconut sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon sea salt
- 2 tablespoons unsalted butter, melted

## Icing:

- ½ cup coconut butter
- 2 tablespoons raw honey (get local if possible)
- ½ teaspoon vanilla extract

## Instructions:

1. Preheat the oven to 375° F and adjust the rack to the middle position. Using a pastry brush, coat a 9-inch cake pan with 1 tablespoon of the melted butter.
2. To make the spice swirl, combine the coconut sugar, cinnamon, nutmeg, and salt. Stir in the melted butter until the mixture is damp. Set aside.
3. In a large mixing bowl, whisk together the almond flour, tapioca flour, arrowroot flour, coconut flour, baking powder, baking soda, salt and coconut sugar. In a measuring glass, whisk together the coconut milk, lemon juice, and 2 tablespoons of the butter. Pour the wet ingredients into the dry ingredients and stir until a rough dough forms. Let the dough sit for 10 minutes.
4. Sprinkle a bit of coconut flour onto a clean work surface. Place the dough on the surface and gently press it into a 12 x 9-inch rectangle. Using a pastry brush, brush the dough with 1 tablespoon of melted butter. Pour the spice swirl mixture over the dough and gently spread it in an even layer. Carefully roll the dough into a 12-inch log (I like to use a bench scaler to lift the dough from the surface). Cut the dough into 8 even pieces. Place the pieces swirl side up in the buttered cake pan and gently press to flatten them to about 1 inch thick. Brush the rolls with the remaining 2 tablespoons of melted butter.
5. Bake for 40-45 minutes, or until the rolls are golden brown.
6. To make the icing, in a small saucepan over low heat, combine the coconut butter, honey, vanilla, and ¼ cup plus 2 tablespoons water. Whisk until the icing is a warm, smooth glaze. Drizzle the icing over the rolls. Serve warm.

## Notes:

- Dairy-Free Option: Use Nutiva palm shortening in place of butter.
- Please use all organic ingredients if possible