AMERICAN · DESSERT · SNACK

Keto Cinnamon Rolls with Cream Cheese Frosting

60 min · Makes 9 × 1 cinnamon roll · 279 kcal a portion · Video 9:19 · Keto Connect

Vegetarian · Gluten-free ingredients

A yeast-free almond, coconut and flax dough with an erythritol-cinnamon filling and cream cheese frosting: about 4 g net carbs and nearly 5 g fibre a roll.

Diet notes: Keto (3.8 g net carbs a serve).

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Ingredients 24 · MAKES 9 × 1 CINNAMON ROLL

- [ ] 2 tbsp **butter**, softened, for the dough
- [ ] 3 **eggs**, at room temperature
- [ ] 3 tbsp **heavy cream**, for the dough
- [ ] 1 tbsp **apple cider vinegar**
- [ ] **almond flour**, 1 cup plus 2 tbsp
- [ ] ⅓ cup **coconut flour**
- [ ] ¼ cup **granulated erythritol**, for the dough
- [ ] 3 tbsp **golden flax meal**
- [ ] a pinch of **salt**, for the dough
- [ ] 1 tsp **xanthan gum**
- [ ] 2 tsp **baking powder**
- [ ] 3 tbsp **warm water**
- [ ] **oil** for your hands, the knife and the pan (about 1 tsp)
- [ ] 4 tbsp **butter**, at room temperature, for the filling
- [ ] 3 tbsp **granulated erythritol**, for the filling
- [ ] 2 tbsp **ground cinnamon**
- [ ] **liquid stevia**, 8–10 drops, for the filling
- [ ] 2 tbsp **butter**, at room temperature, for the frosting
- [ ] 2 oz **cream cheese**, at room temperature
- [ ] 2 tbsp **powdered erythritol**, for the frosting
- [ ] **liquid stevia**, 8–10 drops, for the frosting
- [ ] a pinch of **salt**, for the frosting
- [ ] 1 tsp **vanilla extract**, for the frosting (optional)
- [ ] 2 tbsp **heavy cream**, for the frosting (up to 4 tbsp for a thinner frosting)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soften the 2 tbsp butter in a large bowl (about 10 seconds in the microwave), then whisk in the room-temperature eggs, 3 tbsp cream and apple cider vinegar. 0:35
2. Add the almond flour, coconut flour, erythritol, flax meal, salt, xanthan gum and baking powder and whisk, then add the warm water and mix to a sticky dough. Rest it 5 minutes. 1:08
3. For the filling, mash the soft butter with the erythritol, cinnamon and stevia into a smooth paste. 2:25
4. With oiled hands, shape the dough into a ball and roll it between two sheets of baking paper into a rectangle. 3:07
5. Spread the filling over the dough with your hands, leaving a 1 inch strip bare along one long edge. 4:11
6. Roll up towards the bare edge, lifting with the paper and peeling it away as you go; seal the seam. Cut into 9 with an oiled knife and set them in a greased 8 inch round cake pan. 4:30
7. Bake at 400°F for 5 minutes, then at 350°F for another 15–20 minutes, until browned and puffed. 5:27
8. Whisk the soft butter and cream cheese smooth, then add the powdered erythritol, stevia, a pinch of salt, vanilla and 2 tbsp cream. Spread over the rolls once they have cooled. 6:06

> **Tip** The dough is sticky, so keep your hands and knife oiled. Double the frosting if you like the rolls well covered. Best eaten warm.

The method is a summary in our words — the video shows every step.

One portion (1 cinnamon roll) gives you 1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
279 kcal 1,170 kJ	6.8 g 14% of a day	8.6 g 3.8 g net · 1.6 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
4.8 g 17% of a day	25 g 11 g saturated 32% of a day	200 mg 9% of a day

Energy from net carbs 6% · protein 10% · fat 84% — fits keto: 3.8 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Omega-3 39% · Vitamin E 26%

Source of (10–19%) Vitamin A 18% · Selenium 14% · Magnesium 12% · Vitamin B12 10%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=zT5c1riQWyA, published 24 October 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-cinnamon-rolls-no-fathead