

## Sourdough Cinnamon Rolls

Jessica Moody

Usually, cinnamon rolls are best eaten very occasional, as they are a processed sugar and flour bomb made with low quality oils and other ingredients. But what if you could have nourishing cinnamon rolls that shouldn't be a daily part of the diet, yet still nourish you and your crew? Here is one option for such a splurge!

Double your starter for 2 or 3 feedings before you are ready to make the dough. You will need a cup of starter for this recipe.

In a large mixing bowl combine **1 cup starter, 6 tablespoons melted butter, 1/2 cup honey, 1 1/2 cups water, and 2 teaspoons salt.**

Begin to add in flour. We like to use freshly milled whole wheat or spelt flour. You will need 5-7 cups total, but start with **5 cups of flour**. Mix it in thoroughly. Your dough will still be sticky. Then begin to knead the dough right in the bowl. Slowly add the last **1-2 cups flour** until a nice dough forms. The dough should still be a little sticky. Wet hands make the dough easier to handle. Once the dough has enough flour it should be pretty easy to handle. Knead for 12-15 minutes by hand. You can also knead in a mixer with a dough hook according to manufacturer directions. When you are done the dough should be elastic and be able to stretch thin without breaking.

Wet your hands with coconut oil and use it to moisten the outside of the dough ball. Place in a large bowl, cover with a wet cloth, and allow to rise overnight at room temperature. It should rise double or a little more overnight. If your house is cold the rise might take a few extra hours. You can set it near a warm stove the last few hours, if needed, to help with the rise.

In the morning once it has risen sufficiently, gently punch down the dough. Divide the dough in half and set aside one half of the dough.

Roll the dough out into a large rectangle.

Sprinkle **1/4 cup sucanat** evenly across the dough. Then drizzle **3/8 cup date syrup** over the sucanat. You can increase the sucanat and date syrup if you want a sweeter, gooier cinnamon roll. Next, thinly slice **1/2 cup butter** and place evenly on top of the sweeteners. Sprinkle **2 teaspoons cinnamon** on top.

Starting on one side, carefully roll up the dough tightly into a long log. Slide a piece of dental floss under the roll, cross the ends and pull to slice individual rolls of the long log. Use this method to slice into 12 or so cinnamon rolls.

Place the rolls cut side up in a greased 9x13 glass pan

You can use the other, set aside half of dough to make another pan of cinnamon rolls, or shape into a loaf and make it into bread.

Allow rolls to rise until doubled. This usually takes two to three hours. During this time, preheat the oven to 350

Place into oven and allow to bake for 25-30 minutes until the tops and edges are lightly browned

To make the frosting, combine thoroughly in a food processor or mixer **4 ounces cream cheese, 2 tablespoons butter, 2 tablespoons maple syrup, and 1 teaspoon vanilla**. Spread or pipe the frosting onto the warm cinnamon rolls.

Enjoy :)