

Whole Grain Cinnamon Rolls with Apple Glaze

Tender whole grain cinnamon rolls with natural apple glaze. Use sugar substitutes for lower glycemic impact in this fiber-rich breakfast treat.

Prep: 30 min

Cook: 15 min

Total: 230 min

Servings: 32

GL 18.1 / GI 57

Ingredients

Low-fat dairy provides protein without excess saturated fat skim milk

Heart-healthy unsaturated fat canola oil

Minimal added sugar; consider reducing by half for lower GI granulated sugar

salt

Two standard packets, about 4.5 tsp total active dry yeast

Should be 105-115°F to activate yeast warm water

Adds protein and structure large egg

Extra protein without added fat egg whites

Provides structure; higher GI component all-purpose flour

Lower GI than white flour, adds fiber and nutrients whole wheat flour

For greasing pan and dough cooking spray

May help improve insulin sensitivity ground cinnamon

Medium GI; consider reducing to 1/2 cup brown sugar

Natural sweetness with fiber; medium GI raisins

Natural sweetener for glaze; medium GI when concentrated frozen unsweetened apple juice concentrate, thawed

Instructions

Step 1

Gently warm the skim milk in a small saucepan over medium heat until it reaches approximately 180°F, just before boiling point. Remove from heat immediately and stir in the canola oil, granulated sugar (or sugar substitute), and salt until dissolved. Allow this mixture to cool to lukewarm temperature (around 110°F).

Step 2

While the milk cools, dissolve the yeast packets in warm water in a small bowl. Stir gently and let stand for 5 minutes until the mixture becomes foamy, indicating the yeast is active.

Step 3

In a large mixing bowl, whisk together the whole egg and egg whites until well combined. Pour in the activated yeast mixture and the cooled milk mixture, stirring to incorporate all liquid ingredients thoroughly.

Step 4

Gradually add the all-purpose flour and whole wheat flour, one cup at a time, stirring with a wooden spoon after each addition. Continue mixing until a soft, slightly sticky dough forms. If using a stand mixer, attach the dough hook and knead on low speed for 5-6 minutes until the dough becomes smooth and elastic. If kneading by hand, turn out onto a floured surface and knead for 8-10 minutes.

Step 5

Transfer the dough to a generously floured work surface. With floured hands, knead the dough gently for about 5 minutes until it becomes smooth, supple, and springs back when pressed. Place the dough in a lightly oiled bowl, turning once to coat. Cover tightly with plastic wrap, and let rise in a warm, draft-free location for approximately 1.5 hours until doubled in volume.

Step 6

Once risen, punch down the dough and divide it into two equal portions. Shape each portion into a smooth ball, cover with a clean kitchen towel, and let rest for 10 minutes. Meanwhile, coat an 11x14-inch baking pan with cooking spray and prepare the filling by combining the ground cinnamon, brown sugar (or brown sugar substitute), and raisins in a small bowl, mixing well.

Step 7

On a floured surface, roll each dough ball into a 16x8-inch rectangle. Lightly spray the surface of each rectangle with cooking spray, then evenly distribute half of the cinnamon-sugar-raisin mixture over each rectangle, spreading to within half an inch of the edges. Starting from the long edge, tightly roll up each rectangle into a log, pinching the seam to seal. Using a sharp knife or unflavored dental floss, slice each log into 16 equal pieces (32 total rolls).

Step 8

Arrange the cinnamon roll slices in the prepared baking pan, leaving small spaces between them for expansion. Cover loosely with plastic wrap and let rise in a warm place for another 1.5 hours until doubled in size and touching each other. During the final 30 minutes of rising, preheat your oven to 350°F and prepare the glaze by simmering the apple juice concentrate in a small saucepan over medium heat for 5-7 minutes until reduced by half and syrupy in consistency.

Step 9

Once the rolls have completed their second rise, gently brush the top of each roll with half of the warm apple juice glaze. Bake in the preheated oven for 15-18 minutes until the rolls are golden brown on top and cooked through in the center. Remove from oven and brush with the remaining glaze while still warm. Let cool for 5-10 minutes before serving. To store, cool completely and freeze individual rolls in airtight containers for up to 3 months. Reheat frozen rolls in the microwave for 30-45 seconds or in a 300°F oven for 10 minutes.