



Nailed It!

Teen Winter Break Challenge

Homemade Cinnamon Buns

Credit: Teens Cook: How to Cook what you want to eat
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Time: 40 minutes

Ingredients:

- 1 cup cottage cheese
- $\frac{3}{4}$ cup white sugar
- 2 eggs or 3 tablespoons of Chickpea water (aquafaba)
- $\frac{1}{2}$ cup oil
- $\frac{1}{2}$ milk or almond milk
- 2 tablespoons baking powder
- 4 $\frac{1}{4}$ cups flour plus extra for dressing
- 2 cups firmly packed brown sugar
- 3 tablespoons cinnamon
- $\frac{1}{2}$ cup butter or butter alternatives
- $\frac{1}{2}$ cup honey

Tools:

- Blender or food processor
- Measuring cups
- Large bowl
- Large spoon
- 9 by 13 inch pan
- Cooking brush
- Knife





Instructions:

To prepare the dough:

- 1. Preheat the oven to 325F**
- 2. Place the cottage cheese in a blender or food processor and puree until smooth.**
- 3. Add the white sugar, eggs, oil, and milk to the cottage cheese and puree until smooth.**
- 4. Pour the mixture into a large bowl and stir in the baking powder.**
- 5. Add 3 ½ cups of the flour. Stir until the mixture forms a dough.**
- 6. Using your hands, add the remaining ¾ cups of flour a little at a time. Sprinkle the flour over the dough and fold the dough over to mix it in. Repeat this process until the dough is smooth and not sticky.**
- 7. Spread a thin layer of flour on a flat work surface and roll the dough into a large rectangle.**

To prepare the filling:

- 1. Combine the brown sugar and cinnamon in a small bowl.**
- 2. Melt the butter and brush over the entire surface of the dough.**
- 3. Drizzle the honey over the butter, then sprinkle the sugar mixture evenly over the dough.**
- 4. Starting on the longer side, carefully roll up the dough as tightly as possible.**
- 5. Lightly butter or spray the bottom and sides of a 9 by 13-inch baking pan.**





6. Using a knife, cut the roll into 1 ¼ inch thick slices.

7. Arrange the cinnamon rolls in the pan and bake for 35-40 minutes until done. To check, pull at the centre dough of one of the rolls. If the dough stretches instead of pulling apart they need to cook longer.

Extras:

Looking to add extras? Try adding 1 or more of these ingredients to the mix!

- Allspice
- Apple pie spice
- Bananas
- Cardamon
- Chai spice
- Chopped nuts
- Cloves
- Dark chocolate chunks
- Ginger
- Mace
- Nutella
- Nutmeg
- Pumpkin pie spice
- Raisins

