

Apple Cinnamon Rolls

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Milk, 2%	8 oz	1 cup	1 lb 1 oz	2 cups	<ol style="list-style-type: none"> Heat milk until steaming hot. Pour into a large mixing bowl. <i>(Omit this step if using instant yeast)</i> In a separate small bowl, stir together active dry yeast with water and a pinch (1/8 tsp) of the sugar. Let stand 5 minutes to begin foaming. Set aside for step 4. Mix butter and sugar with milk. Be sure the mixture cools to 115° F or less before adding yeast. Add whole wheat flour, potato flakes, eggs, salt, and yeast mixture from step 2 (if using active dry yeast) OR water and instant yeast. Mix on medium speed 3-5 minutes. Cover; let rest 10-15 minutes. Add all-purpose flour to mixing bowl and use the dough hook to mix until dough is smooth and cleans the sides of the mixing bowl (about 10 minutes). <i>NOTE: Flours vary in absorption. After a couple minutes of mixing, stop the mixer and check the dough. It should be soft and moist but not slack and wet (shiny) or hard and dry. If dough is wet and shiny, add ¼ cup flour and continue mixing. If dough is dry and stiff, add 1-2 Tbsp water.</i> Remove dough hook, shape dough into a ball, then put back in bowl. Cover bowl and ferment (let rest) 30-40 minutes in a warm (about 90° F) area. While dough is rising, peel and chop apples. Mix brown sugar and cinnamon in a small bowl. Set aside apples and sugar/cinnamon mixture for step 12. After 30-40 minutes, punch (deflate) dough. Turn dough over, rounding the dough and placing smooth side up. Cover and let rest for 10 minutes. Line baking sheet pan(s) with parchment paper. Use one 13 x 18 x 1" half sheet pan for 24 servings or one 18 x 26 x 1" full sheet pan for 48 servings.
Yeast, active dry or instant	0.25 oz	2 ¼ tsp	0.5 oz	4 ½ tsp	
Water, warm (105° F)	4 oz	½ cup	8 oz	1 cup	
Butter, unsalted	2 oz	¼ cup	4 oz	½ cup	
Sugar, granulated	2.3 oz	⅓ cup	4.7 oz	⅔ cup	
Flour, whole wheat	12.75 oz	3 cups	1 lb 9 oz	6 cups	
Potato flakes, instant		¼ cup	1 oz	½ cup	
Eggs, whole, large	3.5 oz	2 each	7 oz	4 each	
Salt		1 ¼ tsp	0.5 oz	2 ½ tsp	
Flour, all-purpose, enriched, unbleached	8.5 oz	2 cups	1 lb + 1 oz	4 cups	
Apples, peeled, finely chopped*	8.75 oz	2 cups	1 lb 1.5 oz	4 cups	
Sugar, brown, lightly packed	5.25 oz	¾ cup	10.5 oz	1 ½ cups	
Cinnamon, ground		1 Tbsp		2 Tbsp	

Apple Cinnamon Rolls, cont.

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
					<p>11. Divide dough into 1 lb + 4 oz pieces. Roll each piece of dough into an 8 X 12" horizontal rectangle.</p> <p>12. Leaving a 1" strip at bottom of each rectangle uncovered and dampened with water, sprinkle the dough with $\frac{3}{8}$ cup (75g/2.6 oz) sugar/cinnamon mix followed by 1 cup (125g/4.4oz) finely chopped apples. Roll each dough rectangle loosely from the top to the bottom and pinch to seal.</p> <p>13. Using a finely serrated knife OR unflavored waxed dental floss, slice each roll into twelve 1" wide rolls. Place cut-side up, on sheet pan(s), 4 across/6 down per 13 X 18" half sheet pan OR 6 across/8 down per 18 x 26" full sheet pan.</p> <p>14. Lightly cover rolls with oiled/sprayed plastic wrap or place in humid proof box (105° F). Proof until doubled in width, sides just touching, about 30 minutes.</p> <p>15. Preheat conventional oven to 350° F.</p> <p>16. Place in preheated oven and bake for 20-22 minutes. They should be 190° F at center of a roll in the middle of the pan and lightly browned.</p>
Sugar, powdered Milk, 2% (or fat free cream) Vanilla Extract	4 oz 1 oz	1 cup 2-3 Tbsp 1 tsp	7 oz 3 oz	2 cups 6 Tbsp 2 tsp	<p>17. While rolls bake, prepare the drizzle by mixing powdered sugar, milk, and vanilla.</p> <p>18. Place baked pan of rolls on wire cooling rack. Cool rolls 5-10 minutes and drizzle if serving right away OR allow rolls to cool, cover, and drizzle just before serving.</p> <p><i>Storage notes: Refrigerating baked bread stales (firms) it. Store baked and cooled rolls covered and at room temperature (68-74° F) in a draft free place OR double wrap and freeze. If frozen, thaw at room temperature, wrapped. Never discard the ice crystals that form when bread freezes.</i></p>

*Apples in this recipe add a delicious "just like apple pie" twist, but may be omitted for a soft, plain cinnamon roll. Use any apple except a sauce apple; good use for apples that are no longer crisp enough to serve raw.

Apple Cinnamon Rolls, cont.

Serving Size – 1 roll (74 grams/2.6 oz)

Credits as 1.5 oz eq Grains in the School Nutrition Programs

Provides 15 grams whole grain per serving

Nutrition Facts

Serving Size (74g)		Servings Per Container	
Amount Per Serving			
Calories 190	Calories from Fat 25		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 25mg	8%		
Sodium 140mg	6%		
Total Carbohydrate 37g	12%		
Dietary Fiber 3g	12%		
Sugars 16g			
Protein 4g			
Vitamin A 2%	• Vitamin C 2%		
Calcium 2%	• Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Ingredients by weight:

Whole wheat flour, milk (2%), enriched all-purpose flour, apples, brown sugar, eggs, powdered sugar, butter, water, granulated sugar, potato flakes, salt, yeast, vanilla, cinnamon



Baker's Notes:

- View how to measure flour: Go to Glossary, Flour at www.HomeBaking.org
- See how to mix yeast bread dough on the DIY Baking Channel at www.HomeBaking.org, and find more about yeast breads at www.breadworld.com, www.kingarthurflour.com, and www.redstaryeast.com

Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: Sharon Davis, Family and Consumer Sciences Education, www.HomeBaking.org

