



# Monkey Bread

## Ingredients:

- 2 tablespoons ground cinnamon
- ½ cup sugar
- 1 cup coarsely chopped pecans or walnuts, toasted, optional
- ½ recipe Grandma's Refrigerator Roll Dough (page 54)
- 1 egg beaten
- 1 tablespoon water
- ⅛ cup sugar

**Preparation Time:** 30 minutes  
**Baking Time:** 30 to 35 minutes  
**Makes:** One or two loaves  
**Serves:** 10

## Directions:

1. Grease two 9-inch bread pans or 12-cup tube pan. Sprinkle bottom of pan with nuts, if desired.
2. Combine cinnamon with sugar in small bowl. Divide dough in half. Divide each half into about 24 dough pieces.
3. Round out each dough piece; dip in cinnamon sugar mixture. Place tightly against each other in bottom of pan; stack second layer on top as needed. Pan should be about half full.
4. Cover; let rise until doubled. Dough will rise to top of pan or slightly higher.
5. Preheat oven to 350 °F.
6. Combine beaten egg and 1 tablespoon water; brush top of each loaf and sprinkle with sugar just before baking.
7. Bake 30 to 35 minutes or until top is golden. Remove from oven and place on wire cooling rack. Cool 5 minutes and turn out of pans, upside down. Serve warm.

**Baker's Tip:** Heat a cup of water in a microwave oven. Remove cup. Set pan(s) in a microwave oven; cover loaves with plastic wrap sprayed with pan spray. Close the door. Do not turn oven on. The oven stays warm as the loaves ferment (raise).

## Family Activity:

Host a party with a monkey theme! After everyone helps make the bread, and while it raises and bakes, choose monkey games—A Barrel of Monkeys, "Tree Tag" (wherever there are nearby trees randomly spaced—choose a base, then everyone starts on a tree—they're safe when they touch a tree). While you eat, read *Caps for Sale* by Esphyr Slobodkina (ages 3-8) and send everyone home with a different colored cap.

### Nutrition Facts (1 serving/122g)

Calories: 384, Protein: 9g, Carbohydrates: 56g, Dietary Fiber: 3g, Fat: 14g, Saturated Fat: 4g, Mono Fat: 3g, Poly Fat: 6g, Cholesterol: 67mg, Calcium: 65mg, Potassium: 163mg, Sodium: 344mg

## Fun Fact:

Monkey Bread was first called Bubble Bread or Pull-Apart Bread in the 1950's. No one knows for sure why it's "Monkey Bread." Why do YOU think it has this name?



## Vocabulary:

### Dough:

a stiff, pliant mixture of flour, liquid and a few other ingredients (salt, butter/oil, sugar) and usually a leavener such as yeast, baking soda or powder. Dough, unlike batter, is not fluid enough to pour.