



## KETO CINNAMON ROLL RECIPE

This **Keto Cinnamon Roll Recipe** is something to make on the weekends for breakfast or as a dessert when you are really feeling like having something special. Each frosted cinnamon roll is only 3 to 4 Net Carbs each, which means that you might feel tempted to eat a few of them, but they are more filling than they look. The dough is dense and filling, and there's plenty of frosting here to go around in this recipe. No more getting charged for extra at the mall.

The level of effort that goes into making these is moderate, but totally doable. You have to think of breaking down the process into three steps. First the Dough, then the Filling, then the Frosting. Just read the recipe and go step by step, no need to rush. Also, don't make the filling before you take the dough out of the fridge, as it will harden up quickly. If it does, just put it in a microwave safe container and heat it up in the microwave to make it fluid again.

There are 3 different types of Monkfruit Sweetener being used in this recipe, but in an absolute pinch you COULD get by with just the basic Monkfruit Sweetener, but the other two types definitely serve their purpose. The Lakanto Golden Monkfruit Sweetener is their version of a light brown sugar, and you really need that in the filling to complement the cinnamon. The Powdered Monkfruit Sweetener is a must have if you want your frosting to come out creamy and smooth. If you do choose to just use granular sweetener in the frosting it will be a little bit gritty (you could get by this a little by warming the frosting up a tiny bit right before serving if needed)



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**Ease of Preparation:** MODERATE

**Prep Time:** 40 Minutes

**Cooking Time:** 30 Minutes

**Total Time:** 70 Minutes

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>1 Cinnamon Roll</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 31g	<b>40%</b>
Saturated Fat 20g	<b>100%</b>
Trans Fat 0g	
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Ingredients:

- 2 & 1/2 Cups Mozzarella Cheese (Shredded)
- 7 Ounces Cream Cheese (Divided)
- 1/2 Cup Coconut Flour
- 1/2 Teaspoon Xanthan Gum (or Baking Powder)
- 2 Large Eggs
- 2 Teaspoons Vanilla Extract
- 3 TBSP Cinnamon
- 1/4 Cup Lakanto Monkfruit Sweetener
- 3/4 Cup Lakanto Golden Monkfruit Sweetener
- 6 TBSP Melted Butter
- 4 Ounces Butter (Softened)
- 1/2 Cup Lakanto Powdered Monkfruit Sweetener
- 1 Teaspoon Lemon Juice

## Instructions:

1. In a Large Microwave-Safe Mixing Bowl place 2 Cups Shredded Mozzarella Cheese and 3 Ounces of Softened Cream Cheese.
2. Place mixture in Microwave for about 60 seconds. Remove and stir, and return to the microwave for an additional 30-45 seconds.
3. Stir the mixture together well, and then add 1/2 Cup Coconut Flour, 1 TSP Vanilla Extract, Xanthan Gum, 1/4 Cup Monkfruit Sweetener, and 2 Eggs. Stir together well or knead with hands until well mixed.
4. Add remaining Mozzarella Cheese and return to microwave for 30-45 seconds, and

remove and stir again.

5. Wrap this dough in plastic wrap and place in the refrigerator for 30-40 minutes to firm up.
6. Remove the dough from the refrigerator, and set on the counter.
7. In a Small Mixing Bowl combining the Golden Monkfruit Sweetener, Cinnamon, and Melted Butter.
8. Place the Dough onto a large sheet of Parchment Paper and fold half of the Parchment Paper on top of the dough so that you can flatten it out by hand or rolling pin without it sticking to everything. After you have rolled the dough into roughly a large square sheet, brush or spread the cinnamon mixture across the entire surface of the dough.
9. Roll the dough carefully, using the parchment paper to assist you with rolling it evenly.
10. Cut the dough into 9 equal thickness pieces and place into a square baking dish lined with Parchment Paper (This will prevent them from sticking to the pan)
11. Bake in the oven at 375°F for about 25-30 minutes, or until Golden Brown on top. Cooking times will vary with altitude and humidity, etc.
12. To make the frosting, combine the remaining Cream Cheese, Butter, Lemon Juice, Vanilla Extract and Powdered Monkfruit Sweetener and mix for a few minutes with a hand mixer until well blended.
13. Remove the Cinnamon Roll tray from the oven after cooking and place on the counter to cool for at least 10 minutes before icing the Cinnamon Roll.
14. Serve Warm, and reheat if necessary to soften later.

**SPECIAL NOTE:** *These taste really good without the frosting too, so if you want to cut down on prep work, calories, cost or whatever you could choose to just make the cinnamon rolls by the selves, and or jut put some butter on top of them instead.*