

Honey Apple Cinnamon Rolls

YIELDS: 12 rolls PREP TIME: 20 minutes COOK TIME: 25 minutes TOTAL TIME: 2 hours (includes rise time)

INGREDIENTS

DOUGH

- 4 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 packet (2 1/4 tsp) active dry yeast
- 1 tsp salt
- 1 cup warm milk (about 110 deg F)
- 1/4 cup unsalted butter, melted
- 1 large egg

APPLE CINNAMON FILLING

- 3 medium apples, peeled and diced (Honeycrisp or Granny Smith work well)
- 1/2 cup brown sugar
- 2 tbsp ground cinnamon
- 1/4 tsp nutmeg
- 2 tbsp unsalted butter, softened
- 2 tbsp honey
- 1 tbsp all-purpose flour

HONEY CREAM CHEESE ICING

- 4 oz cream cheese, softened
- 1/4 cup unsalted butter, softened
- 1 1/2 cups powdered sugar
- 2 tbsp honey
- 1 tsp vanilla extract
- 2-3 tbsp milk (to reach desired consistency)

DIRECTIONS

Step 1: In a large bowl, combine warm milk, sugar and yeast. Let sit for 5-10 minutes, until foamy.

Step 2: Add melted butter, egg, salt and 3 cups of flour. Mix until combined, then add remaining flour, 1/2 cup at a time, until a soft dough forms.

Step 3: Knead dough on a floured surface for 5-7 minutes, until smooth and elastic. Place in a greased bowl, cover and let rise for 1 hour, or until doubled in size.

Step 4: While dough is rising, make the filling. In a medium bowl, combine diced apples, brown sugar, cinnamon, nutmeg, flour, butter and honey. Mix until well coated.

Step 5: Punch down the dough and roll it out into a 16×12-inch rectangle on a floured surface.

Step 6: Spread the apple filling evenly over the dough, leaving a small border around the edges.

Step 7: Roll up tightly, starting from the long side, and pinch the seam to seal. Slice into 12 even rolls.

Step 8: Place rolls in a greased 9×13-inch baking dish. Cover and let rise for 30 minutes.

Step 9: Preheat oven to 350 deg F. Bake for 22-25 minutes, until golden brown and cooked through.

Step 10: While rolls are baking, make the icing. Beat cream cheese and butter until smooth. Add powdered sugar, honey, vanilla and enough milk to reach a creamy consistency. Spread over warm rolls and enjoy!

MABEL'S NOTES

Mabel's Recipe Box

These Honey Apple Cinnamon Rolls are pure comfort! The apples make them extra special, and the honey gives them the perfect touch of sweetness. They're soft, gooey, and fill the whole house with the most amazing smell.

A tip - don't skip the rise time. It's what makes them so soft and fluffy. And if you have extra icing, go ahead and be generous. Life's too short for skimpy icing!

These are perfect for breakfast, brunch, or anytime you need a little extra happiness.

Mabel

Mabel's Kitchen Tip:

Use firm apples like Honeycrisp or Granny Smith so they hold their shape while baking. For an extra special touch, drizzle a little warm honey over the rolls right before serving.

Contains: egg, milk, wheat