



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Cinnamon Rolls

2.5g NET Carbs (Low Carb Keto)

These Cinnamon Rolls are Soft & Chewy with only 2.5g net carbs. The Monkfruit Sweetener with Brown Sugar Sweetener makes these Cinnamon Rolls as good as any high carb recipes. It's absolutely delicious! Enjoy

INGREDIENTS

Pastry Dough

2 cups almond flour

1 cup vital wheat gluten (Link in description of video)

¼ cup monkfruit sweetener

½ tsp salt

½ tsp xanthan gum (optional)

3 tsp instant dry yeast

1 cup warm unsweetened almond milk

Cinnamon Mixture

¼ cup melted unsalted butter



16 rolls - 1 serving = NET CARBS: 2.5g / FIBER: 2.6g / FAT: 15g / PROTEIN: 10g / CALORIES: 180

¾ cup granulated brown sugar substitute (Link in description of video)

2 tbsp ground cinnamon

½ cup melted unsalted butter

½ cup chopped walnuts

Cream Cheese Topping (optional)

4 ounces softened cream cheese

2 tbsp unsalted melted butter

1 tsp vanilla extract

¾ cup monkfruit

pinch of salt

4 tbsp heavy whipping cream

Instructions:

1. Add yeast to warm almond milk and let set for 5mins.
2. Add remaining dough ingredients to mixing bowl.
3. Add almond milk/yeast to mixing bowl.
4. Mix until dough forms a ball. You might have to sprinkle extra wheat gluten over dough to reduce stickiness so the dough will form into a ball. (Watch video for visual)
5. Cover dough and leave in warm place for 1 hour.
6. After 1 hour cut dough in half. Roll out dough, spread melted butter over the pastry, then sprinkle the cinnamon mixture and walnuts over pastry
7. Keep half of the mixture for second half of the dough plus a little to sprinkle over the top before baking. Roll pastry and cut into 8 even sections. Add each section to a 9x9 dish.
8. Repeat with second half of the dough.
9. Bake on 350F for 45-50mins
10. Remove and let cool before removing from dish.
11. When cool add cream cheese topping. Enjoy!