



PROTEIN CINNAMON ROLLS

INGREDIENTS:

- 1 1/4 Cup All Purpose Flour - or Whole Wheat Flour, Cake Flour, Pastry Flour, Self Rising Flour
- 8 Ounces Greek Yogurt - (I used 2 vanilla Greek oikos yogurts— morelike 10 ounces)
- 2 Teaspoons Baking Powder - *Not needed if using Self Rising Flour
- 1/4 Teaspoon Salt - *Not needed if using Self Rising Flour
- 2 Tablespoons avocado oil
- 1/4 Cup honey
- Ground Cinnamon - Generous amount!

Frosting

- 1 Teaspoon Vanilla Extract
- 1 1/2 scoops of vanilla protein powder
- 8 ounces of vanilla Greek yogurt



DIRECTIONS:

- Make your dough by mixing together all of your ingredients.
- Your dough "ball" should be slightly sticky to the touch.
- Flour a cutting board.
- Flour your hands (if using your hands to make the dough swirls).
- Roll the dough into long strips and then create swirls out of the strips.
- Place the swirls on a nonstick pan or an oiled pan (using avocado oil) .
- Sprinkle extra cinnamon and drizzle honey on the swirls (if desired).
- Put the swirls into the oven on 350F/176C for around 25 minutes.

Frosting

- Mix all of your Frosting ingredients together until smooth using a whisk.
- Top your cinnamon rolls with your frosting.
- Enjoy!