

Gluten-Free Cinnamon Rolls using Gluten-Free 1:1 Flour

Ingredients:

- 2 Tablespoons (10 grams) psyllium husks + 100 ml water (see notes for substitutes)
- 3 ¼ to 3 ½ cups (425 grams) gluten free 1:1 flour (with xanthan gum)
- 2 1/4 teaspoons [instant yeast](#) (see notes)
- 3/4 teaspoon kosher salt
- 1 teaspoon baking powder (aluminum free)
- 5 Tablespoons sugar
- 1 cup warm non dairy milk (preferably with fat)
- ¼ cup coconut milk yogurt or regular yogurt, room temperature (this can be replaced with more warm milk)
- 4 Tablespoons butter, melted + extra to brush dough (non-dairy [butter](#) may be substituted)
- 1 large egg (room temperature)

Filling

- 1/3 cup packed coconut sugar or brown sugar (see notes)
- 3-4 Tablespoons raw sugar or sugar substitute
- 1 Tablespoon cornstarch (this helps prevent filling from overspilling when baked)
- 2 teaspoons cinnamon
- Pinch sea salt
- 3 Tablespoons butter, softened (vegan butter or refined coconut oil softened at room temp maybe be substituted)

Glaze

- 1 1/2 cups powdered sugar or powdered sugar substitute
- 1 1/2 Tablespoons melted butter (vegan butter or refined coconut oil may be substituted)
- 1–2 Tablespoons milk, non dairy cream OR my recipe for sweetened [vegan condensed milk](#),

1. Prepare Psyllium Fiber (if using): Mix psyllium fiber with water in a small bowl. Let it sit for 1 minute and set aside.
2. In a large mixing bowl or the bowl of a stand mixer, whisk together the gluten-free 1:1 flour, yeast, salt, and sugar.
3. Add the warm milk, melted (and slightly cooled) butter or coconut oil, the psyllium fiber mixture (if using), egg, and yogurt. Mix until just combined.

4. Use a dough hook or your hands on a well-floured surface to gently knead the dough for 2–3 minutes. Knead until it becomes smoother but remains sticky. Avoid overmixing.
5. Shape the dough into a ball with floured hands. Place it in a lightly oiled bowl. Cover the bowl with plastic wrap or a damp towel and let it rest in a warm spot for 60–70 minutes or until it doubles in size. ***note-** if you're using active vs instant yeast, the rise time might take 10 minutes longer.
6. Prepare the Filling: In a small bowl, combine coconut sugar, raw sugar, cinnamon, a pinch of sea salt, and softened butter. Mix until it forms a paste-like consistency. Set aside.
7. Once the dough has risen, transfer it to a well-floured surface. Roll it into a rectangle (approximately 10 × 12 inches) with a thickness of $\frac{1}{3}$ to $\frac{1}{2}$ inch. For easier handling, place wax paper over the dough and use a rolling pin.
8. Brush a small amount of melted butter over the dough. Spread the filling evenly, leaving a $\frac{1}{2}$ -inch border around the edges.
9. Starting from the long edge, roll the dough into a tight log. If the dough feels dry, lightly wet your fingers. If sticky, sprinkle it with flour. Pinch the seam to seal.
10. Trim the ends to create even slices. If the dough is too soft to slice, place it in the freezer for 10–20 minutes. Slice the log into 10–12 pieces and arrange them in an oiled cake pan or baking dish.
11. Cover the rolls and allow them to rise in a warm spot for 20–30 minutes, or until slightly puffy.
12. Preheat your oven to 350°F while the rolls are rising. Brush the top with melted butter, optional. Bake the rolls for 25–30 minutes, or until golden brown and a toothpick inserted into the center comes out clean.
13. While the rolls are baking, whisk together the glaze ingredients in a small bowl until smooth.
14. Allow the rolls to cool in the pan for 2–3 minutes. Spread the glaze evenly over the warm rolls before serving.

Notes:

Substitutes - One additional egg may be substituted for psyllium fiber but will not be as soft, still delicious. If you're using active dry yeast, start by proofing it in warm milk with 2 teaspoons of sugar. Let it sit for about 5 minutes, or until the mixture becomes frothy and

bubbly. Once ready, incorporate this mixture into the batter where the milk would normally be added.

Make Ahead Tips

- The dough can be prepared in advance and stored in the refrigerator for up to one day.
- Alternatively, complete the first rise, roll out the dough, add the filling, and shape into a log. Cut and shape the rolls then Cover the rolls tightly with plastic wrap and refrigerate for up to 12 hours max.
- Before baking, allow the rolls to come to room temperature for 30–45 minutes.