

Keto Cinnamon Rolls

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Yields: 9 Cinnamon Rolls

Dough

Ingredients:

- 1.5 cup almond flour
- 1 tbsp baking powder
- 3 tbsp sweetener
- 2 cups shredded mozzarella cheese
- 2 oz cream cheese
- 2 large eggs

Filling

- 1/4 cup butter softened

- 3 tbsp powdered sweetener
- 1 tbsp cinnamon

Frosting

- 4 ounces cream cheese
- 4 tbsp butter softened
- ¼ cup powdered sweetener
- ½ tsp vanilla extract

Directions:

1. Before you start, make sure you preheat your oven to 350F. Line a 8x8 baking dish with parchment paper and set aside. You are welcome to use any pan you'd like.
2. Let's start with your cinnamon roll dough. In a large bowl, combine the mozzarella cheese and cream cheese and microwave in 20-second increments until warm. Using a spatula, you will want to mix together until combined and smooth.
3. Add your room temperature eggs, almond flour, baking powder and sweetener and mix thoroughly.
4. Using a sheet of parchment paper, or using your surface, sprinkle your surface with some almond flour and knead your dough for 2-3 minutes until combined. At this point, your dough should come together. At this point, you can form it into a log shape.
5. Roll out your dough with a rolling pin. You want to roll it out to about ¼ inch thick.
6. Now, add your filling. Start with spreading your softened butter on the dough, then add your sweetener and cinnamon.

7. Roll the dough into a log. Using a sharp knife, slice off the uneven ends of the roll. Slice the log into 9 rolls. Place the rolls into the baking dish.
8. Bake the cinnamon rolls for 20-25 minutes, or until golden and the dough is cooked.
9. To make the frosting, whisk together the cream cheese, butter, and powdered sugar. Add the milk, as needed, until creamy.
10. Remove the cinnamon rolls from the oven and frost them. The cinnamon rolls are the best once they're hot and frosted! Enjoy!

Nutrition:

Nutrition per serving:

- Calories - 339
- Fat - 31g
- Protein - 12g
- Net Carbs - 3g