



## Laura's NCEB Cinnamon Rolls – S

*No Carb Easy Bread (NCEB) is a completely gluten-free, FP bread and more and more exciting recipes are being created all the time. Here is Laura's take on cinnamon rolls. Although they have an S label, we only gave that because you may want to eat two instead of one! Either way, these will be a very Light S... only slightly past Fuel Pull.*

**Makes: 12 Cinnamon Rolls**

### **INGREDIENTS FOR THE CINNAMON ROLLS:**

- 1 & 1/3 cups egg whites; carton or fresh\*
- 3/4 cup water
- 1 package (6.3 oz) THM No Carb Easy Bread
- Cinnamon to taste
- THM Sweetener, of choice (for sprinkling)
- Coconut oil cooking spray

### **INGREDIENTS FOR THE GLAZE:**

- 1/4 cup Gentle Sweet
- 1 Tablespoon butter
- 1 Tablespoon full-fat cream cheese
- 2 or 3 drops Natural Burst Caramel Extract

### **INSTRUCTIONS FOR THE CINNAMON ROLLS:**

1. Preheat oven to 450°F (yes... 450°F).
2. Pour egg whites into a blender and blend on high for 30 seconds. Add entire bag of dry bread mix and the water to blender. Blend for 10 seconds then turn off blender and scrape down sides of blender all the way to the bottom corners to make sure all ingredients get blended thoroughly. Blend for another 15 seconds or so.
3. Line two cookie sheets with parchment paper.
4. After blending, scoop the dough onto one of the parchment-lined cookie sheets and spread it out into a 12x12 or 14x14 square. Use a rubber spatula or the back of a spoon to spread evenly.

5. Generously sprinkle cinnamon and sweetener over the spread out dough and then spray with coconut-oil cooking spray.
6. Lift one edge of the dough and begin to roll inward, keeping it as tight and even as you can. The dough will be sticky, and you might need to use the parchment paper to help you guide the dough into an even “log”.
7. Once rolled, use a butter knife to cut into 12 even slices. You might need to use the butter knife to help scoop the slices onto the second parchment-lined cookie sheet. The slices will need to be separated out approximately 2 to 3 inches apart.
8. Bake for 13 to 15 minutes or until they reach your desired doneness.

#### **INSTRUCTIONS FOR THE GLAZE:**

1. While the cinnamon rolls are baking, prepare the glaze in a small saucepan.
2. Add Gentle Sweet, cream cheese, and butter to the pan and stir until melted and combined well. Add two or 3 drops of caramel extract and stir.
3. Spoon the glaze onto the top of each of the cinnamon rolls.
4. Enjoy!

#### **\*INGREDIENT TIP:**

Carton egg whites normally give a great rise, but if you desire even more of a spectacular rise, try fresh egg whites.