



Recipe

Mini Cinnny Roll Bites

A sweet, cinnny and comforting treat rolled into 6 bites.

FROM

SERVINGS: 6 bites PREP TIME: 10 min

TOTAL TIME: 12 min

Ingredients

3/4 cup almond flour

1/4 cup yogurt

1 Tbsp maple syrup

1/2 tsp baking powder

1/4 tsp salt

Filling: 1 tsp oil, 1 tsp cinnamon, 3 tsp sugar

Icing: 2 Tbsp yogurt, 2 tsp maple syrup

Directions

Mix together cinnamon roll ingredients in a small dish. Shape dough into a ball. Lightly grease a hard surface and place your dough ball onto the greased counter.

Roll out the dough with your hands until you have a small rectangular shape. Spread the melted coconut oil over the dough and sprinkle with cinnamon and coconut sugar for the filling.

Gently roll up the dough and slice into 6 small rounds. Place in a microwave-safe dish and "cook" for 2 minutes.

Whisk together icing in a small dish. Remove cinnamon roll bites from the microwave and drizzle them with icing. Top with pecans or walnuts if using. Enjoy immediately!



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Recipe

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