

Grain/Sugar Free Cinnamon Rolls (SCD Legal)

Ingredients

Buns

3 ½ cups almond flour
¼ tsp baking soda
¼ cup coconut oil
2 Tbsp honey
2 eggs
pinch of salt

Filling

½ cup unpasteurized honey
½ cup raisins
1/3 cup peacans (chopped)
1/3 cup walnuts (chopped)
2 Tbsp cinnamon

Icing

2 cans coconut milk (chilled 24 hours)
1 tsp vanilla extract
1-2 Tbsp honey

Directions

1. Preheat oven to 350F
2. In a large bowl, beat together coconut oil, honey and eggs. When smooth whip in baking soda, salt and almond flour until you form a nice dough consistency and everything is well mix
3. Lay dough out on a sheet of parchment paper and place a second piece over the dough and roll out until the batter is about 1/2 " thick. If you don't have a rolling pin use your hands to smooth out almond flour dough, it works just as well.
4. Place dough in freezer on a flat surface for 30 minutes
5. While dough is chilling, combine all ingredients for the filling into a medium sized bowl and stir until the cinnamon has been worked in really well. If you find your mix is too dry, add some additional honey or a little bit of coconut oil.
6. After dough is chilled, take your filling and spread slowly over the dough. The filling will be quite sticky so use a fork and drizzle it slowly. Be careful when spreading as the dough will be delicate. If you find the dough has warmed completely during the filling process pop it back into the freezer to chill it once again.

7. Finally, take one end of dough and using the parchment paper, slowly roll the dough into a roll as it warms. Once fully rolled, using your hands make sure the roll is compact well and made into a nice tight roll. Freeze until ready to bake.
8. When ready to bake, slice rolls the length of the muffin tins you will bake them in. These buns will not rise much so don't be concerned about cutting them too thick. Ensure muffin tins are greased or lined with a bit of parchment.
9. Bake for 13-15 minutes or until slightly brown and cooked to the touch.
10. Allow buns to cool for 5 minutes before carefully lifting each out.

(Optional)

1. If you would like an icing, make a simple coconut fat whip.
2. Remove the solid portion of 2 cans of pre-chilled coconut milk
3. Add honey and vanilla extract and whip until the mixture can form peaks much the same as a meringue. Keep this whip chilled until the moment you serve as it will turn to liquid if it gets too hot.