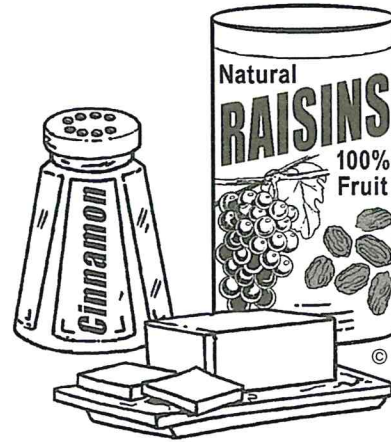


Cinnamon Rolls

Yield: 24 rolls

Ingredients

- 1 prepared basic sweet dough recipe
- 1/2 cup butter or margarine, melted
- 1 cup sugar
- 1 1/2 tablespoons cinnamon
- 2/3 cup raisins, if desired
- 1 prepared basic icing recipe, if desired



Order of Work

1. Lightly coat two muffin pans or two 9" x 13" baking pans with nonstick cooking spray.
2. Divide the sweet dough in half. Roll out each half into a 1/2-inch thick rectangle, about 12" x 12."
3. Brush each rectangle lightly with melted butter or margarine. In a small bowl, mix together sugar and cinnamon. Sprinkle about half of sugar-cinnamon mixture over each half of dough. Top each half with 1/3 cup raisins, if desired.
4. Roll up each half like a jellyroll to form a 12-inch roll. Seal edges firmly.
5. Cut each roll into 1-inch slices. Place each slice cut side up in prepared muffin pans or baking pan so that slices are about 1 inch apart. If using 9" x 13" baking pans, place 12 rolls in each pan.
6. Cover with damp, clean dishtowel and let rise until doubled in size.
7. Bake at 375 degrees F for about 25 minutes, or until golden brown. Top with basic icing if desired (recipe follows).

Nutrition Facts per Roll with Icing and Raisins: 257 calories, 11 g fat, 262 mg sodium, 38 g carbohydrates, 1 g fiber, 4 g protein, 28 mg calcium

Nutrition Facts per Roll, no Icing or Raisins: 224 calories, 11 g fat, 261 mg sodium, 29 g carbohydrates, 1 g fiber, 4 g protein, 25 mg calcium

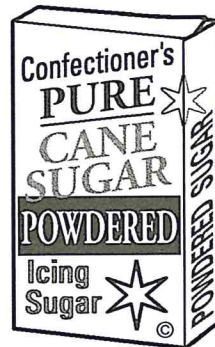


Basic Icing

Yield: 24 servings

Ingredients

- 1 cup sifted powdered sugar
- 1 tablespoon milk
- 1/4 teaspoon vanilla



Order of Work

In small mixing bowl, combine ingredients and beat until smooth. Spread on cooled rolls.

Nutrition Facts per Serving: 22 calories, less than 1 g fat, less than 1 mg sodium, 6 g carbohydrates, 0 g fiber, less than 1 g protein, 1 mg calcium

