

# BISCUIT ROLLS

## 4H Manitoba

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

### **Cinnamon Biscuit Rolls** – recipe from [www.canolaeatwell.com](http://www.canolaeatwell.com)

If you prefer something sweet, warm and delicious for breakfast, lunch or snacks, try these sweet rolls. They're best served warm, right out of the oven. Pop them in the microwave to reheat before serving.

#### **Dough**

2 cups all-purpose flour (500 mL)  
4 tsp baking powder (20 mL)  
1/4 tsp salt (1 mL)  
1/2 cup milk, cold (125 mL)  
1/3 cup canola oil, cold (75 mL)

#### **Filling**

1/2 cup canola margarine, soft not melted (125 mL)  
1/2 cup light brown sugar (125 mL)  
1 Tbsp ground cinnamon (15 mL)

#### **Glaze (optional)**

1 cup icing sugar (250 mL)  
2 Tbsp milk (30 mL)  
1/2 tsp vanilla extract (2 mL)

#### **To make the dough**

1. Preheat oven to 400°F (200°C). Line an 8 inch (2 L) square baking dish with parchment paper or grease well and set aside.
2. In a large bowl, stir together flour, baking powder and salt.
3. In a liquid measuring cup, whisk together milk and oil. Drizzle into flour and using a fork, mix together until mixture is crumbly and starting to clump together.
4. Bring dough together with your hands and knead gently on lightly floured surface to make smooth dough.
5. Roll out dough on floured surface to make a 12 inch (30 cm) square.

#### **To make filling and assemble**

1. Spread soft butter or canola margarine evenly all over dough, right to the edges.
2. Sprinkle with brown sugar and cinnamon.
3. Roll up dough along the long edge and pinch seam along edge to hold the roll closed. Cut roll into 9 equal pieces and place into prepared pan.
4. Bake for about 20 minutes or until golden brown. Let cool slightly.

#### **To make optional glaze**

1. Whisk together icing sugar, milk and vanilla until smooth. Adjust to desired consistency.
2. Drizzle as much as you like over the slightly cooled rolls.