

Almond Flour (Biscuit) Cinnamon Rolls

Rolls:

3 cups blanched almond flour
½ tsp salt
¼ tsp baking soda
¼ cup coconut oil (liquid)
2 large room temp eggs (room temp so it doesn't solidify coconut oil)

Filling:

¼ - ½ cup honey (depending on how sweet you like it)
½ cup finely chopped pecans or walnuts
½ cup raisins
1-2 Tbsp ground cinnamon

Directions:

Preheat oven 350

In a large bowl, combine the almond flour, salt and baking soda. (Don't pack the almond flour down, leave it loose or it will be too much).

In a separate bowl, gently beat together the coconut oil, honey and room temp eggs.

Add the egg mixture to the almond flour mixture. Mix until a decently smooth dough is formed, it may seem really sticky at first, but I kneaded it with my hands and it formed a smooth ball as it firmed up. You can also put it in the fridge for 10 min to make it easier to work with.

Roll the dough out between two sheets of parchment paper into a rectangle (approx. 9x13). Use a little almond flour on the bottom piece of parchment paper to keep it from sticking when you roll it up later.

Drizzle the honey evenly over the dough and spread it over the entire surface (I use my fingers so it doesn't tear the dough).

Sprinkle the raisins, cinnamon, and pecans/walnuts over the surface of the dough.

Now roll it up. Start with the short end and roll the edge away from you. Try to keep a tight roll and keep it uniform. With a sharp knife, cut the roll into slices.

Lay the rolls cut side down on a parchment lined cookie sheet. Bake 10-15 min. Watch closely. If they brown too much they will be very hard. Dough toward the center should be soft, but not too doughy.

****This recipe was given to me, so I don't take credit, but don't have the source****