

No time to spend baking? No worries

Cheat a little to make these gluten-free cinnamon rolls

My earliest memory of solo baking was to make cinnamon rolls.

They came in a tube that you whack on the edge of the counter, the dough pops out, you bake them, and then top with the frosting in a little plastic container that came in the tube with the dough.

I am sure you know the very cinnamon rolls I am talking about.

Not exactly from scratch baking but not bad for a 6 year old either.

I was so proud to be able to prepare something delicious for my family.

I have since had to give



Carol Kicinski
Simply Gluten Free

up the quick convenience of using that tube of dough, but have not given up my love for cinnamon rolls.

I can make a pretty darn good gluten free cinnamon roll from scratch — if I have several hours to devote to the project. But what's a gal to do when she gets an overwhelming urge for cinnamon rolls and hasn't got hours to spend baking?

Cheat a little, that's what. I made some cinna-

mon rolls using Chebe Cinnamon Roll Mix recently.

They make pretty darn good gluten free cinnamon rolls as they are, but what I really wanted was frosted cinnamon rolls.

So while the rolls were baking I whipped up an orange cream cheese frosting — this turned pretty darn good cinnamon rolls into really darn fantastic cinnamon rolls.

In less than half an hour, my house smelled like heaven and once again I felt the pride of preparing something delicious for my family.

Carol Kicinski is a professional recipe developer, food writer, TV chef and magazine founder — and she does it all gluten-free. She creates recipes that are simple and healthy and not just "good for gluten-free" but just plain good period.



Photo provided

When you crave something sweet, give these quick gluten-free cinnamon rolls a try.