



These are no doubt the BEST custom made gluten free cinnamon rolls. So great, truth be told, that you couldn't actually tell they're sans gluten. The surface is delicate and pillowy with a gooey cinnamon sugar filling and vanilla bean cream cheddar icing. They're not sandy, dirty, gluey, or soft. It's just a scrumptious natively constructed cinnamon roll.

What's in store from this gluten free cinnamon roll recipe

It's a well known fact that gluten free baking can be interesting, particularly with regards to yeasted mixtures and bread making. The surface at times isn't exactly correct, the batter is somewhat more challenging to work with, and it requires a large number of various gluten free flours that you will most likely just use for that one explicit recipe. For this recipe, I made it my main goal to guarantee that nothing from what was just mentioned occurs. Taste - you, most importantly, can take care of these cinnamon rolls to somebody who isn't sans gluten and they would have zero hint. They have a skip to them that is typically just found in gluten-filled rolls however without having that odd gluey or soft surface. They taste very much like my extremely famous BEST natively constructed cinnamon rolls. Flour - It was vital to me to make a recipe that didn't need a clothing rundown of individual gluten free flours. In addition to the fact that it is more costly, however they simply wind up occupying room in your storage space for a really long time. So for this recipe, it requires just a single gluten free flour blend. Far better, it requires the specific sum that arrives in a pack so there's no flour estimating! Beyond this, cornstarch is utilized to carry out the mixture and I have certainty that most gluten free storage spaces as of now contain this fixing. Ease - While the actual mixture is Extremely tacky, my cycle for carrying out and cutting the batter makes it exceptionally simple to work with. This recipe additionally works very much like an ordinary cinnamon roll recipe. Make the mixture, carry it out, fill, cut, and ascend prior to baking.

- [Gluten-Free Blueberry Donuts](#)
- [Gluten Free Cinnamon Rolls](#)
- [Gluten Free English Muffins](#)
- [Homemade Gluten Free Flour Tortillas](#)
- [Sourdough Bread](#)

Ways to make the BEST gluten free cinnamon rolls

Blender - I sincerely do whatever it takes not to make recipes that totally require a stand blender yet for this situation, it's truly required. The mixture is extraordinarily tacky so blending it by hand would be a wreck. Furthermore, the mixture needs a decent five minutes on the batter snare to make the scratchiest and smoothest mixture conceivable.



Rolling - To keep the rolls from turning out to be too dry or sandy, the mixture should be delicate and tacky. Along these lines, carrying out the batter on a bed of cornstarch is significant. Set out a sheet of saran wrap and generously dust the whole surface with cornstarch. Thud down the mixture and residue the top with more cornstarch. Fortunate cornstarch is extremely retentive so when the mixture is covered under and on top, it's exceptionally simple to press and carry out. **Filling** - Since the mixture is exceptionally delicate, it additionally requires Extremely delicate spread. On the off chance that the margarine is excessively hard, spreading on a delicate surface will be a bad dream. For the best consistency, cut the spread and spot in a microwave safe dish. Heat for around 15 seconds or until it simply begins to liquefy. Then utilize a fork to pound the margarine into a smooth consistency. **Cutting** - When the mixture is moved up (which ought to be simple on account of the cornstarch), I suggest cutting with flavorless floss. Since the batter is delicate, a blade will effortlessly twist the state of the rolls. So all things being equal, string floss under the log and get of the top to get through and cut. **Rise** - Gluten free flour is very weighty, so these rolls need a little assistance with rising. To establish the best warm climate, preheat the broiler to the most reduced temperature conceivable. When it's there, switch off the stove and spot the rolls inside. They'll effortlessly puff up in an extremely warm space.

Baking dish sizes for gluten free cinnamon roll batter

It's vital to be aware of the batter dispersing inside the baking skillet. For this recipe, I utilize a 10.25" cast iron skillet which impeccably fits 7 rolls. Each roll is all around separated with about an inch between every one. This gives barely sufficient room to the rolls to puff up and develop without swarming the container. Assuming the rolls are excessively separated together, you risk the carries coming out uncooked and underdone. Fortunately, these rolls can be prepared in basically any size baking skillet for however long they are all around dispersed separated. For instance, cut the batter into 12 rolls and they ought to fit pleasantly in a 9x13 baking dish. The rolls can likewise be divided between two more modest dish if necessary. Once more, for however long there's an inch between each roll they ought to prepare fine and dandy! However, for the best outcomes, I likewise recommend following the specific recipe.

Ingredients

Gluten Free Cinnamon Rolls

- 1 16oz bag Bob's Red Mill Gluten Free Bread Mix *SEE NOTES
- 1/2 cup (100g) granulated sugar



- 4 1/2 tsp (or two packets) instant yeast
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp kosher salt
- 1 1/4 cups (300g) water
- 1/2 cup (110g) unsalted butter, sliced into tablespoons (vegan butter can be subbed)
- 1 tsp apple cider vinegar
- 1 large egg + 1 egg white **SEE NOTES for vegan substitute
- Cornstarch, for dusting

Cinnamon Sugar Filling

- 6 tbsp unsalted butter, very soft (vegan butter can be subbed)
- 1/2 cup (100g) light brown sugar, packed
- 2 tbsp ground cinnamon

Vanilla Bean Cream Cheese Icing

- 1/4 cup (55g) unsalted butter, room temp (vegan butter can be subbed)
- 4 oz cream cheese, room temp (vegan cream cheese can be subbed)
- 1 1/2 cups (170g) powdered sugar
- 1 tsp vanilla bean paste (or vanilla extract)

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Instructions

Gluten Free Cinnamon Rolls

1. Using a stand mixer with the dough hook attachment, add in the bread flour mix (discard the yeast packet), sugar, instant yeast, baking powder, baking soda, and salt. Mix it around for about a minute to mix everything together.
2. In a heat safe measuring glass, add the water, butter, and vinegar. Microwave for 1-2 minutes or until it's warm to the touch but not piping hot. It's important that it's warm, otherwise the yeast will not activate. It's also ok if the butter doesn't completely melt.
3. With the dough hook running on medium speed, slowly pour in the warm mixture. Use a rubber spatula to mix in any of the dry ingredients that may still cling to the sides of the bowl.
4. Once it's nearly mixed, add in the egg and egg white.



5. Turn the mixer on medium-high speed and mix for a good 5 minutes to create a smooth and slightly stretchy dough.
6. After those 5 minutes, allow the dough to rest for 10 minutes. In the meantime, lay down a sheet of plastic wrap over your work surface and liberally dust in cornstarch. The dough will be rolled out into a 13×19" rectangle so make sure to cover enough of the surface for this size.
7. After 10 minutes, scoop out and plop the dough in the center of the bed of cornstarch. Dust the top of the dough with some more cornstarch and begin to press the dough down into a rectangle.
8. If you don't have a rolling pin, the dough can be fully pressed out as it's very moldable. But for ease, I suggest using a rolling pin to roll into our 13×19" rectangle. Mold the edges to create as even sides as possible.
9. Now it's very important that the butter is VERY soft, otherwise it can tear the dough when spreading. A trick I like to use is to slice chilled butter into tablespoons and place in a heat safe dish. Microwave for about 15 seconds or until it JUST starts to melt. Then use a fork to mash the butter into a very smooth and spreadable consistency.
10. Spread the butter all over the dough. Then sprinkle with brown sugar and pat it even. Finally, dust the top with cinnamon.
11. Roll the dough up into a tight log. This should be easy thanks to the pile of cornstarch underneath but if you run into any issues, use the plastic wrap to help guide the rolling. Use a pastry brush to dust off any excess cornstarch on the log.
12. Using flavorless floss, cut about 3 inches off of each end and discard. Then cut the remaining dough into 7 rolls.
13. Crinkle up a sheet of parchment paper, then unwrap it and place it inside a 10" cast iron skillet. Arrange the rolls so that they have a good inch between them with 1 roll in the center and the other 6 surrounding it.
14. Preheat the oven to the lowest temperature possible. Once it's preheated, turn the oven off and place the rolls inside. Allow the rolls to rise in the warm oven for 45 minutes - 1 hour. (For overnight rolls, cover and chill the rolls after they have puffed up. Then bring to room temp the next day and bake as instructed).
15. After the hour is up and the rolls have doubled in size, remove them from the oven and preheat to 350F.
16. Bake the cinnamon rolls for 25-30 minutes or until the top is golden brown. You can also test by poking the rolls with your finger. They're done when they have a soft spring to them.
17. While the rolls cool, make the icing.



Vanilla Bean Cream Cheese Icing

1. Place the room temperature butter and cream cheese in a small mixing bowl.
2. Use a fork to mash and mix the two together until smooth.
3. Mix in the powdered sugar a 1/2 cup at a time, followed by the vanilla.
4. Once smooth, dollop on the top of each roll and spread it smooth.
5. Dig in while the rolls are still warm and ENJOY!

Notes

***BREAD FLOUR MIX** - This is not sponsored, I just found that throughout my testing this mix makes the BEST cinnamon rolls. This specific flour mix must be used as I tried this recipe with other gluten free flour mixes (like cup for cup) and it did not work. They turned out too mushy and sandy. I suggest using the store locator on their website to find a store near you that carries the mix. Otherwise it can be purchased on their website or on [Amazon](#).

****EGG REPLACER** - I have tested this recipe with a vegan egg replacer and it works great! This is a powdered egg substitute typically found in the baking aisle. To replace 1 whole egg and 1 egg white, mix together 1 tbsp + 1 1/2 tsp of the egg replacer with 4 tbsp water.