

LOVE STARTS IN THE KITCHEN AND THE BEST DOCTOR IS THE COOK!™

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SITI'S THIRTY MINUTE HOMEMADE CINNAMON ROLLS

Cinnamon is one of the most healthful spices you can eat. It helps your body process sugar more efficiently. So go ahead and enjoy these sweet cinnamon rolls – just don't overdo! And for more wonderful recipes from my Channel 9, Jungle Jims and Macy's kitchens, log onto my website www.abouteating.com and sign up for my newsletter! Now this dough is more like biscuit dough – so tender! When I showed Tonya O'Rourke how to make these on Channel 9's noon show, she gave them a "these rolls rock" rating! So did Troy and the guys and girls from Production and the Newsroom, so try them yourself!

2 cups sifted flour

1 tablespoon baking powder

1 teaspoon salt

1/4 teaspoon baking soda

1/4 cup canola oil

3/4 cup buttermilk

1 stick butter, softened

3/4 cup sugar

1-1/2 to 2 teaspoons cinnamon

Preheat oven to 400 and spray a 9" round baking pan. Combine flour, baking powder, salt and soda. Stir in oil. Add buttermilk and stir just until blended. Don't over mix. Knead on lightly floured surface just until fairly smooth. This won't take long. Bless the dough! Roll into 15x8" rectangle. Spread butter over dough. You may not need the whole stick but try to get on as much as you can. Combine sugar and cinnamon and sprinkle over butter. Roll up, starting from one long side. Pinch seam to seal and lay seam side down. Cut into 1-1/2" slices. Arrange, cut side up, in pan, spacing a bit apart. Now if you have some cinnamon sugar left on the counter that "fell out" of the roll, scoop it up and sprinkle on top of the rolls.

Bake 15-20 minutes. Serve hot. Makes about 12.

GILDING THE LILY: Rita's Cream Cheese Buttermilk Glaze.

If you want to make these gooier like a bakery roll, here's a glaze you can whip up to drizzle on the rolls after they cool a bit. Or you can always use your own simple confectioners sugar/water glaze.

Mix together:

2 tablespoons softened cream cheese

2 tablespoons buttermilk

1 cup confectioners sugar, sifted as you go

1/2 teaspoon vanilla

Chopped pecans for garnish (opt)

Whisk cream cheese and buttermilk together until smooth. Sift confectioners sugar over mixture and whisk until smooth glaze forms. Spoon glaze evenly over buns and sprinkle with chopped pecans for garnish if desired.

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