



# Amazing Cinnamon Rolls

Add the following to an electric stand mixer or bowl:

6 cup very warm water

2 TBS SAF instant yeast

2/3 cup oil

2/3 cup raw honey

2 TBS salt

2 eggs

1 cup instant mashed potato flakes, optional

7 cups whole grain flour (I prefer to use a mixture of [spelt](#), [khorasan](#), hard white and hard red wheat. This is a very versatile recipe and can be used with any combination of grains - or just one type of grain.)

Mix above ingredients together for a few minutes.

Add more flour (2-3 more cups of whole grain or use white bread flour if you want) until the dough comes away from the sides of the bowl. Continue kneading/mixing the dough for a few minutes. Don't overmix when using ancient grains.

Oil or grease hands and counter top or bread board. Dump dough out of mixer. Knead 8-10 minutes.

Roll into large rectangle on counter. Spread softened butter (3-4 TBS), a thin layer of ground cinnamon, sprinkle thin layer of brown sugar and raisins and/or chocolate chips (optional).

Roll into a log and slice into 1.5-2 in pieces. Place on greased cooking sheet and cover. Allow to raise until double in size.

Bake at 350 degrees for 20-25 minutes, until golden. Remove from oven.

Top with cream cheese frosting and ENJOY!

\*\*Watch this video for visual demonstration: <https://youtu.be/qSekXzjc19I> \*\*