

# Gluten-Free Cinnamon Rolls

Fluffy, gooey gluten-free cinnamon rolls with brown sugar filling and sticky topping. Perfect homemade breakfast treat made with GF flour blend.

1h 10min  
PREP

25 min  
COOK

1h 35min  
TOTAL

8  
SERVINGS

Easy  
DIFFICULTY

Gluten-Free Cinnamon Rolls

## Ingredients

- 4 tbsp butter
- 1 cup brown sugar
- 2 tbsp maple syrup
- 2 tbsp whipped cream
- 3 cup unsalted butter
- 1 cup rice flour
- 1 cup corn starch
- 1 tbsp yeast
- 3 tbsp granulated sugar
- 1 cup pudding
- 1 cup water
- 1 egg
- 3 cup milk
- 2 tbsp sunflower oil
- 1 tbsp vinegar
- 2 tsp vanilla extract
- 2 tbsp cinnamon
- 1 tsp salt

## Instructions

- 1 Prepare the sticky topping**

Combine 4 tablespoons butter, 1 cup brown sugar, and 2 tablespoons corn syrup in a small saucepan. Heat over low heat, stirring constantly, until butter melts and sugar completely dissolves, about 3-4 minutes.
- 2** Add 1 cup heavy cream, 1 tablespoon vanilla extract, and 1 teaspoon salt to the saucepan. Stir until mixture is smooth and well combined. Remove from heat and pour into a greased 9x13 inch baking dish. Set aside.
- 3 Make the cinnamon filling**

Mix 3 tablespoons softened butter, 1 cup brown sugar, and 2 teaspoons ground cinnamon in a bowl until it forms a sandy, crumbly texture. Set aside.

#### 4 **Prepare the dough**

Combine 3 cups gluten-free flour blend, 2 tablespoons sugar, 1 tablespoon baking powder, and 1 teaspoon salt in the bowl of a stand mixer fitted with paddle attachment. Mix on low speed until evenly combined.

5 Heat 1 cup milk and 2 tablespoons butter in microwave in 30-second intervals until butter melts and mixture is warm to touch (about 110°F/43°C). Whisk in 1 egg and 2 tablespoons vanilla extract until smooth.

6 Pour the warm milk mixture into the flour mixture. Mix on medium speed for 3-4 minutes until a soft, slightly sticky dough forms. The dough will be softer than traditional wheat dough.

#### 7 **Roll the dough**

Place a large sheet of plastic wrap on a clean, slightly damp counter and sprinkle with 1 tablespoon sugar. Transfer dough onto the sugared plastic wrap. Cover with another sheet of plastic wrap and gently pat into a rough rectangle.

8 Roll dough between plastic wrap sheets into a 12x16 inch rectangle, about 1/4 inch thick. Remove top plastic wrap and spread cinnamon filling evenly over surface, leaving a 1-inch border along one long edge.

#### 9 **Form and cut the rolls**

Starting from the filled long edge, use bottom plastic wrap to help roll dough into a tight log. Cut into 8 equal pieces using dental floss or sharp knife, each about 2 inches wide.

#### 10 **Rise the rolls**

Place cut rolls cut-side up in the prepared baking dish with sticky topping. Cover with plastic wrap and let rise in a warm place for 45-60 minutes until rolls nearly double in size and feel light to touch.

#### 11 **Bake**

Preheat oven to 350°F (175°C). Remove plastic wrap and bake for 20-25 minutes until tops are golden brown and internal temperature reaches 190°F (88°C).

#### 12 **Serve**

Cool in pan for 3-4 minutes, then immediately invert onto a large serving platter. Let topping drip down for 2 minutes before removing the baking dish. Serve warm.

## Tips

Use plastic wrap as your best friend when working with gluten-free dough - it prevents sticking and makes rolling much easier than traditional methods.

Make sure your yeast is fresh and active by proofing it in warm water with a pinch of sugar before adding to the recipe.

Create a warm rising environment by placing the covered pan on top of your refrigerator or in an oven with just the light on.

Use unflavored dental floss or dark thread to cut the rolled dough - it won't compress the rolls like a knife would and creates cleaner cuts.

Don't skip the plastic wrap step when rolling the dough - it prevents the sticky dough from adhering to your rolling pin and counter.

For extra flavor, add a teaspoon of vanilla extract to your filling mixture or substitute some of the brown sugar with maple sugar.

These rolls can be prepared the night before - after placing in the pan, cover and refrigerate overnight, then let come to room temperature and rise before baking.

Ensure your oven is properly preheated to 350°F before baking to guarantee even cooking and proper rise.