



Long Livo

Banana Bread Cinnamon Rolls with Cream Cheese Frosting

15 min
Prep time

25 min
Cook time

40 min
Total time

4
Servings

Medium
Difficulty

American
Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups all-purpose flour
- ☐ 1 tsp baking soda
- ☐ 1/2 tsp salt
- ☐ 1/2 cup unsalted butter, softened
- ☐ 1/2 cup brown sugar
- ☐ 2 ripe bananas, mashed
- ☐ 1/2 cup plain yogurt

- ☐ 1 egg
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp ground cinnamon

For the Cream Cheese Frosting

- ☐ 4 oz cream cheese, softened
- ☐ 2 tbsp unsalted butter, softened
- ☐ 1 cup powdered sugar, sifted
- ☐ 1 tsp lemon juice
- ☐ 1/2 tsp vanilla extract

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9-x-13 inch baking dish and set aside.
- 2 In a bowl, whisk together flour, baking soda, and salt. In another bowl, beat butter and brown sugar until fluffy, then add mashed bananas, yogurt, egg, and vanilla; mix until combined.
- 3 Combine the wet and dry mixtures gently; fold in the cinnamon. The dough will be slightly sticky.
- 4 Turn the dough onto a lightly floured surface, roll into a rectangle about 12×8 inches, and spread a thin layer of softened butter.
- 5 Sprinkle a mixture of brown sugar and additional cinnamon evenly over the buttered dough.
- 6 Roll the dough tightly from the long side, slice into 10 even rolls, and place them seam-side down in the prepared dish.
- 7 Bake for 20-25 minutes, until the tops are golden and a toothpick comes out clean.
- 8 While the rolls are still warm, whip together cream cheese, butter, powdered sugar, lemon juice, and vanilla until smooth; drizzle or spread over the rolls.
- 9 Serve warm, perhaps with a cup of coffee or tea.

Nutrition per serving

280 kcal

Calories

5 g

Protein

38 g

Carbs

11 g

Fat

Tips & notes

- Allow the rolls to cool slightly before frosting so the frosting doesn't melt away completely.
- If the dough feels too sticky, dust the surface with a bit more flour, but avoid over-flouring.
- These rolls reheat beautifully in a 300°F oven for 5-7 minutes.