



Long Livo

Chai Cinnamon Rolls Recipe

20 min

Prep time

8

Servings

25 min

Cook time

Medium

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Dough

- ☐ 4 cups all-purpose flour
- ☐ 1/3 cup granulated sugar
- ☐ 2 tsp active dry yeast
- ☐ 1 cup warm milk
- ☐ 1/4 cup melted butter
- ☐ 1 large egg
- ☐ 1 tsp salt

Filling

- ☐ 1/2 cup brown sugar
- ☐ 2 tbsp chai spice blend (cardamom, cinnamon, ginger, cloves)
- ☐ 2 tsp ground cinnamon
- ☐ 1/4 cup softened butter

Glaze

- ☐ 1 cup powdered sugar
- ☐ 2 tbsp lemon juice
- ☐ 1 tsp honey

Instructions

- 1 In a bowl combine warm milk, yeast, and a pinch of sugar; let sit 5 minutes until foamy.
- 2 Mix flour, sugar, and salt in a large bowl; add melted butter, egg, and the yeast mixture. Knead 8-10 minutes until smooth.
- 3 Cover dough and let rise in a warm spot until doubled, about 1 hour.
- 4 Punch down dough, roll into a rectangle, spread softened butter, then sprinkle the brown-sugar-chai-cinnamon mixture evenly.
- 5 Roll tightly, cut into 8 slices, place on a greased pan, let rise another 30 minutes, then bake at 375°F (190°C) for 20-25 minutes.
- 6 While rolls bake, whisk glaze ingredients; drizzle over warm rolls as soon as they exit the oven.

Nutrition per serving

320 kcal

Calories

6 g

Protein

46 g

Carbs

11 g

Fat

Tips & notes

- If the dough feels sticky, add flour a tablespoon at a time.
- Feel free to substitute maple syrup for honey in the glaze for a deeper flavor.
- For extra chai aroma, brush the tops with a little melted butter mixed with chai powder before baking.