- Prep Time: 20 minutes
- Cook Time: 22 minutes
- Total Time: 42 minutes
- Servings: 10 rolls
- Skill Level: Intermediate (The dough can be sticky, but the method is straightforward.)
- Intensity: Medium (Requires attention to melting cheese and rolling dough, but no complex techniques.)

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Ingredients

For the Dough:

- 1 ¾ cups (200g) shredded low-moisture mozzarella cheese
- 2 tablespoons cream cheese
- 1 ½ cups (150g) superfine almond flour
- 1 tablespoon coconut flour
- 2 teaspoons baking powder
- 2 tablespoons granulated erythritol or allulose
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- ¼ teaspoon fine salt

For the Cinnamon Filling:

- 3 tablespoons unsalted butter, very soft

- ⅓ cup brown sugar-style keto sweetener (erythritol or monk fruit blend)
- 1 ½ tablespoons ground cinnamon
- Pinch of salt

For the Cream Cheese Glaze:

- 4 oz (113g) cream cheese, softened
- ⅓ cup powdered erythritol
- 2-3 tablespoons heavy cream
- ½ teaspoon vanilla extract

Equipment

- Microwave-safe bowl or double boiler
- Mixing bowls

- Whisk
- Rolling pin
- Parchment paper
- Sharp knife or unflavored dental floss
- 8- or 9-inch round baking pan

Instructions

Part 1: Prepare the Dough (Time: 10 minutes, Intensity: Medium)

1. Preheat and Prep: Preheat your oven to 350°F (175°C). Line an 8- or 9-inch round cake pan with parchment paper and lightly grease the sides.

2. Melt the Cheeses: In a microwave-safe bowl, combine the shredded mozzarella and cream cheese. Microwave in 20-30 second bursts, stirring between each, until the cheese is completely melted, smooth, and stretchy. Be careful not to overheat—if it starts to bubble excessively, it can become tough. Alternatively, melt the cheeses in a double boiler over low heat .

3. Combine Dry Ingredients: In a separate bowl, whisk together the almond flour, coconut

flour, baking powder, sweetener, and salt. This ensures the baking powder and sweetener are evenly distributed throughout the dough.

4. Form the Dough: Add the eggs and vanilla extract to the melted cheese mixture and stir quickly to combine. The cheese will be hot, so work fast to prevent the eggs from scrambling. Add the dry ingredient mixture and knead with clean, lightly oiled hands or a spatula until a cohesive dough forms. The dough should be soft but not overly sticky. If it feels too sticky, rest it for 2-3 minutes or dust with a teaspoon of almond flour .

Part 2: Roll and Fill (Time: 8 minutes, Intensity: Medium)

1. Roll Out the Dough: Place the dough between two large sheets of parchment paper. Roll it into a rectangle approximately 12×9 inches and about ¼ inch thick. Peel off the top sheet of parchment paper.

2. Make the Filling: In a small bowl, mix the softened butter, brown sugar-style sweetener, cinnamon, and a pinch of salt until a spreadable paste forms. If the mixture is too stiff, soften it briefly in the microwave for 5-10 seconds.

3. Spread the Filling: Using a spatula or your fingers, spread the cinnamon filling evenly over the dough, leaving a ½-inch border along one of the long edges. This border will help seal the roll.

Part 3: Roll and Slice (Time: 5 minutes, Intensity: Medium)

1. Roll It Up: Starting from the long edge opposite the border, carefully roll the dough into a tight log, using the parchment paper to help guide and support the roll. Seal the seam

by gently pinching the dough together.

2. Slice the Rolls: Using a very sharp knife or unflavored dental floss, slice the log into 10 equal rolls. Wipe the blade between cuts for cleaner slices. If using dental floss, slide it under the log, cross the ends, and pull to cut through the dough .

3. Arrange in Pan: Place the rolls in the prepared baking pan, leaving a small gap between each one to allow for slight spreading during baking.

Part 4: Bake and Glaze (Time: 25 minutes, Intensity: Low)

1. Bake: Bake in the preheated oven for 20-25 minutes, until the rolls are puffed and golden at the edges. The centers should feel set but still soft when gently pressed. If the tops are browning too quickly, tent the pan loosely with foil after the first 15 minutes .

2. Make the Glaze: While the rolls bake, prepare the glaze. Beat the softened cream cheese until smooth, then add the powdered sweetener, vanilla extract, and 2 tablespoons of heavy cream. Beat until creamy and spreadable. Add more cream, one tablespoon at a time, until you reach your desired consistency.

3. Cool and Glaze: Remove the rolls from the oven and let them cool in the pan for about 10 minutes. This brief cooling period allows the glaze to spread without melting completely. Spread the glaze generously over the warm rolls.

4. Serve: Serve warm and enjoy. These rolls are best enjoyed fresh from the oven, but they reheat beautifully.

Recipe Notes & Variations

- Cheese Matters: Use pre-shredded, low-moisture mozzarella for the best results. Fresh mozzarella contains too much moisture and will make the dough unworkable .
- Sticky Dough Tips: This dough can be sticky. Lightly oiling your hands and the parchment paper makes it much easier to handle. If the dough cools and becomes stiff, a quick 10-15 second burst in the microwave can make it pliable again .
- Sweetener Options: For the filling, a brown sugar-style keto sweetener (like a monk fruit-erythritol blend) provides the most authentic flavor. For the glaze, powdered erythritol or allulose works best for a smooth texture.
- Storage: Store any leftover rolls in an airtight container in the refrigerator for up to 5 days. Reheat briefly in the microwave or a low oven before serving .

Nutrition Information

Please note that the following nutrition information is an estimate and is provided for informational purposes only. It is based on the ingredients as listed and a yield of 10 rolls. The values can vary based on specific brands and exact quantities used.

Per Serving (1 roll with glaze):

- Calories: ~225 kcal
- Protein: ~8g
- Fat: ~19g
- Carbohydrates: ~6g
- Fiber: ~2g
- Net Carbs: ~4g
- Sugar: <1g