

- Prep Time: 20 minutes
- Cook Time: 22 minutes
- Total Time: 42 minutes
- Skill Level: Intermediate
- Difficulty & Intensity: Medium (Requires dough handling and rolling)
- Yield: 8 Cinnamon Rolls
- Target Audience: Keto, Low-Carb, Gluten-Free, Diabetic-Friendly

Table of Contents

- ◆
- [☐ Equipment Needed](#)
- [☐ Ingredients](#)
 - [For the Dough:](#)
 - [For the Cinnamon Filling:](#)
 - [For the Cream Cheese Glaze:](#)
- [☐ Step-by-Step Instructions](#)
 - [Step 1: Prep the Oven & Pan](#)
 - [Step 2: Melt & Combine the Cheese Base](#)
 - [Step 3: Form the Dough](#)
 - [Step 4: Roll the Dough](#)

- [Step 5: Fill and Roll](#)
- [Step 6: Slice and Arrange](#)
- [Step 7: Bake to Golden Perfection](#)
- [Step 8: Whisk the Glaze & Serve](#)
- [📖 Expert Tips for Success](#)
- [📖 Complete Nutritional Analysis](#)

📋 Equipment Needed

- Food processor or medium mixing bowl
- Large microwave-safe bowl
- 9-inch round baking dish or pie pan
- 2 sheets of parchment paper
- Rolling pin
- Sharp knife or unflavored dental floss (for clean cuts)
- Rubber spatula

□ Ingredients

For the Dough:

- 2 cups (224g) Mozzarella cheese, low-moisture & shredded
- 2 tbsp (28g) Cream cheese, full-fat
- 1 ½ cups (168g) Super-fine almond flour
- 1 large Egg, room temperature
- 1 tbsp Baking powder
- 1 tsp Vanilla extract
- ¼ tsp Salt

For the Cinnamon Filling:

- 3 tbsp (42g) Unsalted butter, softened to room temperature
- ⅓ cup (64g) Granulated monk fruit sweetener (or Erythritol)
- 1 ½ tbsp Ground cinnamon

- ¼ cup (28g) Pecans or walnuts, finely chopped (*optional for crunch*)

For the Cream Cheese Glaze:

- 2 oz (56g) Cream cheese, softened
- 2 tbsp (28g) Unsalted butter, softened
- ⅓ cup (40g) Powdered monk fruit sweetener
- 1-2 tbsp Unsweetened almond milk (or heavy cream)
- ½ tsp Vanilla extract

□ Step-by-Step Instructions

Step 1: Prep the Oven & Pan

1. Preheat your oven to 375°F (190°C).
2. Lightly grease a 9-inch round baking dish or line it with parchment paper. Set aside.

Step 2: Melt & Combine the Cheese Base

1. In a large microwave-safe bowl, combine the 2 cups shredded mozzarella and 2 tbsp cream cheese.
2. Microwave on HIGH in 30-second intervals (usually takes 60-90 seconds total), stirring between intervals, until completely melted and smooth.
3. *Intensity Check:* Make sure the cheese is fully uniform without remaining shreds, but be careful not to scorch it.

Step 3: Form the Dough

1. Add the almond flour, egg, baking powder, vanilla extract, and salt directly to the warm cheese mixture.
2. Mix rapidly with a spatula or knead vigorously with clean hands for 2-3 minutes until a cohesive, smooth dough forms.
3. *Pro Tip:* If the cheese cools down and stops incorporating into the flour, pop the dough back in the microwave for 10-15 seconds to soften, then keep kneading.

Step 4: Roll the Dough

1. Place the dough between two large sheets of parchment paper.

2. Using a rolling pin, roll the dough into a large rectangle, roughly 12 x 9 inches and about ¼-inch thick. Try to keep the edges as square as possible.

Step 5: Fill and Roll

1. Spread the softened butter evenly over the rolled dough, leaving a ¼-inch border around the edges.
2. In a small bowl, mix the granulated monk fruit sweetener and ground cinnamon. Sprinkle evenly across the buttered dough, pressing lightly with your hands so it adheres. *(Add chopped pecans now if using).*
3. Starting from the long edge (12-inch side), carefully roll the dough into a tight log using the bottom parchment paper to help lift and guide it.

Step 6: Slice and Arrange

1. Use a sharp knife or wrap a length of unflavored dental floss around the log and pull through to slice into 8 equal rolls (about 1.5 inches thick).
2. Place the rolls cut-side up into the prepared baking dish, spacing them slightly apart.

Step 7: Bake to Golden Perfection

1. Bake at 375°F (190°C) for 18 to 22 minutes.

2. The rolls are done when the tops turn golden brown and the centers are firm to the touch. If the tops brown too quickly before 18 minutes, tent loosely with aluminum foil for the remaining time.
3. Remove from the oven and cool for 10 minutes before frosting.

Step 8: Whisk the Glaze & Serve

1. In a medium bowl, beat the softened cream cheese, butter, powdered sweetener, vanilla, and 1 tbsp almond milk until smooth and fluffy. Add another tablespoon of almond milk if you prefer a thinner drizzle.
2. Spread or drizzle the glaze generously over the warm cinnamon rolls. Serve immediately!

□ Expert Tips for Success

- **Use Pre-Shredded Mozzarella:** Low-moisture, pre-shredded mozzarella works best here. Fresh mozzarella contains too much liquid and will result in a wet, sticky dough.
- **Powdered Sweetener in Glaze:** Always use a powdered sweetener (like powdered Erythritol or Swerve Confectioner's) for the glaze to avoid a gritty texture.
- **Reheating Leftovers:** These rolls store well in an airtight container in the fridge for up to 5 days. Reheat individual rolls in the microwave for 12-15 seconds to restore their soft, fresh-baked texture.

Complete Nutritional Analysis

Servings: 8 rolls | Portion Size: 1 cinnamon roll with glaze

Metric	Amount Per Serving
Calories	285 kcal
Total Fat	24g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	72mg
Sodium	310mg
Total Carbohydrates	6g
Dietary Fiber	3g
Sugar Alcohols	0g (excluding natural monk fruit)
Net Carbohydrates	3g
Protein	12g
Calcium	210mg
Iron	1.1mg