

## Cinnamon Roll French Toast Roll-Ups: A Sweet Breakfast Favorite

Craving cinnamon rolls but short on time? Enter



**TIME**  
**20 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

8 slices white or brioche bread (crusts removed)  
1 block (8 oz) cream cheese, softened  
... cup powdered sugar  
1 tsp vanilla extract  
‰ cup granulated sugar  
1 tbsp ground cinnamon  
2 large eggs  
... cup milk

2 tbsp butter, for frying

Optional toppings: maple syrup or cream cheese glaze

Optional Add-Ins & Toppings:

Chopped strawberries or bananas inside the roll-up

Nutella or cinnamon apple filling as a variation

Cream cheese glaze: Mix softened cream cheese, powdered sugar, milk, and a drop of vanilla

Drizzle with maple syrup, caramel, or chocolate sauce

Instructions:

**Make the Filling**In a bowl, combine cream cheese, powdered sugar, and vanilla until smooth and creamy.

**Flatten the Bread**Use a rolling pin to flatten bread slices. This helps them roll tightly and fry evenly.

**Roll 'Em Up**Spread the cream cheese mixture on each slice. Roll up tightly and set aside.

**Prepare Coatings**In one shallow bowl, whisk together eggs and milk.In another, mix the granulated sugar and cinnamon.

**Coat & Fry**Dip each roll-up into the egg mixture, then lightly coat with the cinnamon-sugar blend.Heat butter in a skillet over medium heat and cook roll-ups until golden brown and crisp on all sides.

**Serve Warm**Serve immediately with syrup or cream cheese glaze. They're best warm, but still delish at room temp!

**Tips for Success:**

**Use soft, fresh bread:** It rolls easier and doesn't crack.

**Don't soak too long:** A quick dip in the egg mix prevents sogginess.

**Work in batches:** Overcrowding the pan = uneven cooking.

**Freeze for later:** Cool completely, then freeze.

**Reheat in the air fryer or oven** for best texture.

**Serving Suggestions & Pairings:**

**Serve with This One-Pan Breakfast Bake** for a savory balance

**Add These Easy Pumpkin Spice Muffins** to the table for seasonal flair

**Pair with This Blueberry Lemonade** for a cool, fruity sip

**End brunch with These Chocolate Chip Cookie Bites**

**Or go big with This Big Family Banana Pudding**

**Storage & Freezer Tips:**

**Fridge:** Store leftovers in an airtight container for up to 3 days

## DIRECTIONS

1. **Make the : Filling**In a bowl, combine cream cheese, powdered sugar, and vanilla until smooth and creamy.
2. **Flatten the : Bread**Use a rolling pin to flatten bread slices. This helps them roll tightly and fry evenly.
3. **Roll 'Em Up**Spread the cream cheese mixture on each slice. Roll up tightly and set aside.
4. **Prepare : Coatings**In one shallow bowl, whisk together eggs and milk.In another, mix the granulated sugar and cinnamon.
5. **Coat & : Fry**Dip each roll-up into the egg mixture, then lightly coat with the cinnamon-sugar blend.Heat butter in a skillet over medium heat and cook roll-ups until golden brown and crisp on all sides.
6. **Serve : Warm**Serve immediately with syrup or cream cheese glaze. They're best warm, but still delish at room temp!
7. **Tips for Success:** Use soft, fresh bread: It rolls easier and doesn't crack.
8. **Don't soak too long:** A quick dip in the egg mix prevents sogginess.
9. **Work in batches:** Overcrowding the pan = uneven cooking.
10. **Freeze for later:** Cool completely, then freeze. Reheat in the air fryer or oven for best texture.
11. **Serving Suggestions & Pairings:** These roll-ups are perfect solo, but here's how to turn them into a full spread:
12. **Serve with :** This One-Pan Breakfast Bake for a savory balance
13. **Add :** These Easy Pumpkin Spice Muffins to the table for seasonal flair

14. Pair with : This Blueberry Lemonade for a cool, fruity sip
15. End brunch with : These Chocolate Chip Cookie Bites
16. Or go big with : This Big Family Banana Pudding
17. Storage & Freezer Tips: Fridge: Store leftovers in an airtight container for up to 3 days
18. Freezer: Freeze in a single layer, then transfer to a bag or container.
19. Reheat: Air fryer or oven works best to bring back the crisp.
20. More Recipes You'll Love: This One-Pan Breakfast Bake Will Make You Skip
21. These : Chocolate Chip Cookie Bites Are My Favorite Little Treat to Bake Anytime
22. This : Big Family Banana Pudding Is My Favorite Classic Dessert to Feed a Crowd
23. This : Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days
24. These : Easy Pumpkin Spice Muffins Are My Favorite Fall Treat to Bake on Repeat
25. Final Thoughts: These Cinnamon Roll French Toast Roll-Ups are a guaranteed hit-creamy, cinnamon-spiced, crispy on the outside, and melt-in-your-mouth delicious. Whether it's a weekend breakfast or a special brunch treat, these roll-ups are a hug in food form.

## TIPS FOR SUCCESS

Use soft, fresh bread : It rolls easier and doesn't crack.

Don't soak too long : A quick dip in the egg mix prevents sogginess.

Work in batches : Overcrowding the pan = uneven cooking.

Freeze for later : Cool completely, then freeze.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cinnamon-roll-french-toast-roll-ups-a-sweet-breakfast-favorite/>