

How to Make the Ultimate Banana Bread Cinnamon Rolls from Scratch

3/4 cup warm milk (about 110°F)



OVEN
300°F

TIME
20 min

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INGREDIENTS

Dough:

- 3/4 cup warm milk (about 110°F)
- 1 packet (2 1/4 tsp) active dry yeast
- 1/4 cup granulated sugar
- 1/4 cup melted butter
- 1 ripe banana, mashed (about 1/2 cup)
- 1 egg
- 1/2 tsp salt

3 to 3 1/2 cups all-purpose flour

Filling:

- 1/2 cup brown sugar
- 1 tbsp cinnamon
- 1/4 cup softened butter

Glaze (or Frosting):

- 1 cup powdered sugar
- 2 tbsp milk or cream
- 1/2 tsp vanilla extract

Use a cream cheese frosting for extra richness

DIRECTIONS

- 1.** Make the Dough: In a large bowl, mix warm milk and yeast. Let sit for 5 minutes until foamy. Add sugar, melted butter, mashed banana, egg, and salt. Mix to combine.
- 2.** Gradually add flour, 1 cup at a time, until a soft dough forms. Knead for about 5-7 minutes until smooth and elastic. Cover and let rise in a warm place for 1 hour or until doubled in size.
- 3.** Prepare the Filling: In a small bowl, mix brown sugar and cinnamon. Set aside.
- 4.** Roll & Fill: Once the dough has risen, roll it out into a rectangle about 1/4 inch thick. Spread with softened butter, then sprinkle evenly with cinnamon-sugar mixture.
- 5.** Roll & Slice: Roll the dough up tightly, starting from the long edge. Slice into 9-12 rolls. Place in a greased 9x13-inch pan or baking dish. Cover and let rise for another 30-45 minutes.
- 6.** Bake: Preheat oven to 350°F. Bake rolls for 20-25 minutes, or until lightly golden and cooked through.
- 7.** Glaze: While warm, drizzle with glaze or slather with cream cheese frosting. Serve warm and get ready for banana cinnamon bliss.

SWAPS & NOTES

Banana : Use very ripe bananas with lots of brown spots - they'll be sweeter and easier to mash.

Filling Add-ins : Try chopped pecans, walnuts, or mini chocolate chips for a twist.

Dairy-Free : Use plant-based milk and vegan butter to make it dairy-free.

Overripe Banana Backup : If your banana isn't ripe enough, roast it in the oven at 300°F for 15-20 minutes (in the peel) until

soft.

TIPS FOR SUCCESS

Use Warm Milk : Not too hot, or it'll kill the yeast.

Don't Over-Flour : The dough should be soft and slightly tacky, not dry.

Rise in a Warm Spot : Your oven with the light on or a warm corner of your kitchen works well.

Bake Just Until Done : Don't overbake - you want soft, tender rolls, not dry ones.

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

Original recipe: <https://chefmaniac.com/how-to-make-the-ultimate-banana-bread-cinnamon-rolls-from-scratch/>