

Irresistible Cinnamon Roll French Toast Bites in 20 Minutes

Cinnamon Roll French Toast Bites ???



TIME
3 min

METHOD
Air fryer

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INGREDIENTS

1 can refrigerated cinnamon rolls (with icing)

2 large eggs

1/4 cup milk

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

2 tablespoons butter

Powdered sugar (optional)

Maple syrup or reserved icing, for serving

Ingredient Tips & Notes:

Cinnamon Rolls: Any brand works, but ones with a strong cinnamon swirl give the best flavor.

Milk: Use whole milk for richer flavor, or swap with almond or oat milk if preferred.

Butter: Real butter = golden, flavorful browning. Margarine works in a pinch.

Extra Flavor Boost: Try adding a pinch of nutmeg or using flavored coffee creamer instead of milk for a twist.

Instructions:

1. Prep the Cinnamon Rolls:

2. Make the Egg Mixture:

3. Dip & Coat the Bites:

4. Cook 'Em Up:

5. Garnish & Serve:

Tips for Success:

Don't Skip the Soak: Let the bites sit in the egg mixture for a few seconds to fully absorb flavor.

Watch the Heat: Too hot and they'll brown too fast; medium heat gives you that golden crisp.

Batch Cook If Needed: Make them in batches to keep them crisp and evenly cooked.

Serving Ideas & Pairings:

This One-Pan Breakfast Bake - savory meets sweet

Hot Chocolate Cookie Cups - perfect for cozy winter mornings

A side of fresh fruit and a cold glass of milk, or even your favorite latte

Make-Ahead & Storage Tips:

Fridge: Store leftovers in an airtight container for up to 2 days. Reheat in a skillet or toaster oven for best texture.

Freezer: Freeze cooked bites in a single layer, then transfer to a bag. Reheat from frozen in a toaster oven or air fryer.

Make Ahead: Prep the egg mixture and cut rolls the night before to save time in the morning.

More Recipes You'll Love:

These Hot Chocolate Cookie Cups - adorable and delicious

This Pumpkin Delight Dessert - light, creamy, and no-bake!

These Copycat Neiman Marcus Chocolate Chip Cookies - rich, chewy, and unforgettable

DIRECTIONS

1. **Prep the Cinnamon Rolls:** Open the can and separate the rolls. Set the icing aside for later. Cut each roll into 6-8 bite-sized pieces.
2. **Make the Egg Mixture:** In a bowl, whisk together eggs, milk, vanilla, and cinnamon until fully combined.
3. **Dip & Coat the Bites:** Take each cinnamon roll piece and dunk it into the egg mixture. Make sure it's fully coated on all sides.
4. **Cook 'Em Up:** Melt butter in a large skillet over medium heat. Add bites in a single layer-don't overcrowd. Cook for 2-3 minutes on each side, until golden brown and cooked through.
5. **Garnish & Serve:** Transfer bites to a platter. Drizzle with reserved icing or maple syrup. Dust with powdered sugar if you like. Serve warm and enjoy every sweet, sticky bite!
6. **Tips for Success: Don't Skip the Soak:** Let the bites sit in the egg mixture for a few seconds to fully absorb flavor.
7. **Watch the : Heat:** Too hot and they'll brown too fast; medium heat gives you that golden crisp.
8. **Batch : Cook If Needed:** Make them in batches to keep them crisp and evenly cooked.
9. **Serving Ideas & Pairings:** Serve your Cinnamon Roll French Toast Bites alongside a complete breakfast spread or make them the main event with fun pairings like:
10. **This :** One-Pan Breakfast Bake - savory meets sweet
11. **Hot :** Chocolate Cookie Cups - perfect for cozy winter mornings

12. A side of fresh fruit and a cold glass of milk, or even your favorite latte
13. Make-Ahead & Storage Tips: Fridge: Store leftovers in an airtight container for up to 2 days. Reheat in a skillet or toaster oven for best texture.
14. Freezer: Freeze cooked bites in a single layer, then transfer to a bag. Reheat from frozen in a toaster oven or air fryer.
15. Make : Ahead: Prep the egg mixture and cut rolls the night before to save time in the morning.
16. More Recipes You'll Love: If sweet breakfast treats are your thing, here are some more favorites to try:
17. These : Hot Chocolate Cookie Cups - adorable and delicious
18. This : Pumpkin Delight Dessert - light, creamy, and no-bake!
19. These : Copycat Neiman Marcus Chocolate Chip Cookies - rich, chewy, and unforgettable
20. No-Bake : Monster Cookie Energy Balls - for an anytime pick-me-up with less guilt
21. Final Thoughts: These Cinnamon Roll French Toast Bites are the kind of recipe that makes mornings memorable. Whether you're feeding a crowd or treating yourself, they're fast, easy, and guaranteed to bring smiles. Plus, they're endlessly customizable and freezer-friendly!

SWAPS & NOTES

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TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/irresistible-cinnamon-roll-french-toast-bites-in-20-minutes/>