

Cinnamon Roll French Toast Roll-Ups: A Sweet Breakfast Twist

Cinnamon Roll French Toast Roll-Ups: A Sweet Start to Any Morning



TIME
30 min

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INGREDIENTS

10 slices white sandwich bread
3 tablespoons butter, melted
3 tablespoons brown sugar
2 tablespoons ground cinnamon
3 large eggs
1 tablespoon milk
1/2 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
2-3 tablespoons butter (for frying)

DIRECTIONS

- 1.** Prep the Bread: Trim off crusts from the bread slices. Use a rolling pin to flatten each one into a thin sheet.
- 2.** Make the Cinnamon Filling: Mix melted butter, brown sugar, and 2 tablespoons of cinnamon in a bowl. Spread evenly over each flattened bread slice, leaving a small edge. Roll tightly and seal.
- 3.** Make the Custard: In a shallow bowl, whisk together eggs, milk, 1/2 teaspoon cinnamon, and vanilla extract.
- 4.** Cook the Roll-Ups: Heat a skillet over medium heat and melt some butter. Dip each roll into the egg mixture and cook seam-side down, turning to brown all sides. This should take about 2-3 minutes per roll.

SWAPS & NOTES

Bread : Any soft sandwich bread works, but white or brioche gives the best roll-up texture.

Filling Boost : Add a smear of cream cheese or Nutella before rolling for a decadent twist.

Sugar Alternatives : Use coconut sugar or maple sugar for a slightly healthier take.

Egg Mixture : You can use plant-based milk or an egg substitute if needed.

TIPS FOR SUCCESS

Seal the edges by pressing gently with your fingers before dipping.
Don't soak too long -a quick dip in the egg mixture is all you need.
Use tongs to turn the roll-ups easily while cooking.
Dust with powdered sugar or drizzle with glaze for extra sweetness.

