

## Cinnamon Roll Bliss Bars: A Sweet Slice of Heaven

The Evolution of the Bar Dessert



**OVEN**  
**350°F**

**TIME**  
**2-3 min**

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### INGREDIENTS

to create these truly blissful Cinnamon Roll Bars:  
For the Cinnamon Swirl: 1/2 cup packed light brown sugar 1 tablespoon ground cinnamon 1/4 cup (1/2 stick) unsalted butter , melted:  
For the Cream Cheese Frosting: 4 ounces cream cheese , softened 1/4 cup (1/2 stick) unsalted butter , softened 2 cups powdered sugar , sifted 1 teaspoon vanilla extract 1-2 tablespoons milk or cream (if needed for consistency):

### DIRECTIONS

1. Steps for the : Recipe
2. Let's bake up this sweet slice of heaven!
3. Prepare : Oven & Pan:
4. Preheat your oven to 350°F (175°C). Grease and flour a 9x13 inch baking pan, or line with parchment paper leaving an overhang for easy lifting.
5. Combine : Dry Ingredients (Bars):
6. In a medium bowl, whisk together the all-purpose flour, baking powder, baking soda, and salt. Set aside.
7. Cream : Butter & Sugar (Bars):
8. In a large mixing bowl, using an electric mixer, cream together the softened butter and granulated sugar until light and fluffy, about 2-3 minutes. Scrape down the sides of the bowl.
9. Add : Wet Ingredients (Bars):
10. Beat in the eggs one at a time, mixing well after each addition. Stir in the vanilla extract.
11. Alternate : Dry and Wet (Bars):
12. Gradually add the dry ingredients to the butter mixture, alternating with the sour cream, beginning and ending with the flour mixture. Mix on low speed until just combined after each addition. Do not overmix.
13. Prepare : Cinnamon Swirl:
14. In a small bowl, whisk together the packed light brown sugar, ground cinnamon, and melted butter until a thick, paste-like mixture forms.
15. Assemble & : Swirl:

16. Pour about two-thirds of the bar batter into your prepared 9x13 inch baking pan, spreading evenly. Sprinkle spoonfuls of the cinnamon swirl mixture over the batter in the pan. Carefully dollop the remaining one-third of the batter over the cinnamon swirl. Using a knife or a skewer, gently swirl the cinnamon mixture through the top layer of batter to create ribbons of flavor. Don't overmix.
17. Bake for 30-35 minutes, or until the edges are golden brown and a wooden skewer or toothpick inserted into the center of the bars (avoiding a large pocket of cinnamon swirl) comes out clean.
18. Cool : Bars:
19. Remove the pan from the oven and let the bars cool completely in the pan on a wire rack before frosting. This is crucial!
20. Make the : Cream Cheese Frosting:
21. While the bars cool, in a large mixing bowl, beat the softened cream cheese and softened butter with an electric mixer until very smooth and creamy, about 2-3 minutes. Gradually add the sifted powdered sugar, 1 cup at a time, beating on low speed until fully incorporated. Beat in the vanilla extract. If the icing is too thick, add milk or cream, 1 tablespoon at a time, until it reaches a smooth, spreadable consistency.
22. Frost & : Serve:
23. Once the bars are completely cool, spread the cream cheese frosting evenly over the top. Cut into squares and serve.

## SWAPS & NOTES

**Sour Cream:** This is a key ingredient for the incredible moisture and tenderness of the bars, and it adds a subtle tang that balances the sweetness.

Full-fat sour cream is recommended for the best texture.

Plain full-fat Greek yogurt can be used as a substitute.

**Butter:** Ensure butter for the bars and frosting is properly softened to room temperature.

## TIPS FOR SUCCESS

**Room Temperature Ingredients:** Ensure butter, eggs, and sour cream are at room temperature for a smooth, cohesive batter and frosting.

**Don't Overmix:** Overmixing the batter will develop gluten, leading to tougher bars.

**Gentle Swirl:** When creating the cinnamon swirl, aim for distinct ribbons rather than fully blending it into the batter.

**Cool Completely Before Frosting:** Frosting warm bars will cause the frosting to melt.

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

Original recipe: <https://chefmaniac.com/cinnamon-roll-bliss-bars-a-sweet-slice-of-heaven/>