

Cinnamon Roll French Toast Roll-Ups: A Sweet and Easy Breakfast Treat

Cinnamon Roll French Toast Roll-Ups



OVEN
350°F

TIME
2-3 min

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INGREDIENTS

to create these sweet and easy breakfast roll-ups:

For the Filling: 4 ounces cream cheese , softened
1/4 cup powdered sugar 1/2 teaspoon vanilla extract
1/4 cup packed light brown sugar 1 teaspoon ground
cinnamon 1 tablespoon unsalted butter , melted:

For the Coating (Optional): 2 tablespoons
granulated sugar 1 teaspoon ground cinnamon For
Serving (Optional): Maple syrup, fresh berries, or
extra powdered sugar:

DIRECTIONS

1. Steps for the : Recipe
2. Let's get these breakfast beauties rolled up and cooked!
3. Prepare : Filling:
4. In a small bowl, beat the softened cream cheese, powdered sugar, and 1/2 teaspoon vanilla extract until smooth and creamy. In a separate small bowl, combine the brown sugar, 1 teaspoon ground cinnamon, and 1 tablespoon melted butter until it forms a paste. Set both fillings aside.
5. Prepare : Bread:
6. Lay out the slices of bread. Using a rolling pin, flatten each slice of bread firmly until it's thin and compact. Trim the crusts off each slice (optional, but makes rolling easier).
7. Spread : Fillings:
8. Spread a thin layer of the cream cheese mixture evenly over one side of each flattened bread slice, leaving a small border around the edges. Then, spread a thin layer of the cinnamon-sugar-butter paste over the cream cheese layer.
9. Starting from one short end, carefully and tightly roll up each bread slice into a log. Press gently to seal the seam.
10. Prepare : French Toast Batter:
11. In a shallow dish or pie plate, whisk together the eggs, milk, 1/2 teaspoon vanilla extract, and pinch of cinnamon until well combined.
12. Coat : Roll-Ups:
13. Dip each cinnamon roll-up into the : French toast batter, turning to coat all sides quickly. Don't let

them soak too long, or they will become soggy.

14. Cook : Roll-Ups:
15. Heat a large non-stick skillet or griddle over medium heat. Add 1 tablespoon of butter or spray with cooking spray. Place the roll-ups seam-side down first, cooking in batches if necessary to avoid overcrowding. Cook for 2-3 minutes per side, turning frequently, until golden brown and cooked through.
16. Coat in : Cinnamon-Sugar (Optional):
17. If using the coating, in a shallow dish, combine 2 tablespoons granulated sugar and 1 teaspoon ground cinnamon. Once cooked, immediately transfer the hot roll-ups to this mixture and roll to coat all sides.
18. Arrange the : Cinnamon Roll French Toast Roll-Ups on a platter. Serve immediately with your favorite toppings.

SWAPS & NOTES

Bread: While regular sandwich bread works, brioche or challah bread elevates these roll-ups to a new level of richness and tenderness.

They also hold up better to rolling.

If using regular bread, try to use slightly stale bread.

Cream Cheese: Ensure your cream cheese is softened to room temperature for a smooth, lump-free filling.

TIPS FOR SUCCESS

Flatten Bread Well: This is key for easy rolling and prevents the bread from tearing.

Don't Over-Soak: Dip the roll-ups quickly into the French toast batter.

Brioche or challah can absorb a lot of liquid, so a quick dip is all you need.

Cook Seam-Side Down First: This helps seal the roll-up and prevents it from unraveling.

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

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