

## Cinnamon Roll French Toast Bites: An Irresistible Brunch Recipe

Cinnamon Roll French Toast Bites



**TIME**  
**3 min**

**METHOD**  
**Air fryer**

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### INGREDIENTS

For the Cinnamon Roll Bites: 1 can of refrigerated cinnamon rolls (8-count) 4 large eggs 1/2 cup milk (or any alternative) 1 teaspoon vanilla extract 1 teaspoon ground cinnamon Pinch of salt Butter or oil for frying:

For the Vanilla Glaze: 1/2 cup powdered sugar 1 2 tablespoons milk (adjust for thickness) 1/2 teaspoon vanilla extract Optional Toppings: Fresh berries Chopped nuts Maple syrup or chocolate sauce:

### DIRECTIONS

1. Steps for the : Recipe
2. Prepare the : Cinnamon Rolls
3. : Open the can of refrigerated cinnamon rolls. Cut each cinnamon roll into quarters.
4. Make the : Egg Mixture
5. : In a shallow bowl, whisk together the eggs, 1/2 cup milk, vanilla extract, ground cinnamon, and salt.
6. Fry the : Bites
7. : Heat a large skillet or frying pan over medium heat with a little bit of butter or oil. Dip each cinnamon roll quarter into the egg mixture, making sure to coat all sides, but not to soak it.
8. Cook to : Golden
9. : Place the coated cinnamon roll quarters in the hot pan. Cook for about 2 3 minutes per side, or until they are golden brown and cooked through. Work in batches if needed, making sure not to overcrowd the pan.
10. Make the : Glaze
11. : While the bites are cooling, prepare the glaze. In a small bowl, whisk together the powdered sugar, 1 2 tablespoons of milk, and 1/2 teaspoon of vanilla extract until it's smooth.
12. Glaze and : Serve
13. : Drizzle the vanilla glaze over the warm cinnamon roll bites. Serve immediately with any optional toppings you desire.

## SWAPS & NOTES

**Cinnamon Rolls** : This recipe is specifically designed for refrigerated canned cinnamon rolls.

The dough is dense and holds up well to frying, and the built-in cinnamon swirl is what gives these bites their flavor.

**Milk** : You can use any type of milk you have on hand, such as whole milk, almond milk, or oat milk.

**Vanilla Glaze** : The recipe calls for a simple vanilla glaze, which is what comes with most canned cinnamon rolls.

### TIPS FOR SUCCESS

**Don't Overcrowd the Pan** : Frying in batches is important.

If you overcrowd the pan, the temperature will drop, and the bites will steam instead of fry, resulting in a soggy texture.

**Use a Shallow Bowl** : A shallow bowl is perfect for the egg mixture.

It makes it easy to dip the cinnamon roll quarters without them soaking up too much of the liquid.

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

Original recipe: <https://chefmaniac.com/cinnamon-roll-french-toast-bites-an-irresistible-brunch-recipe/>