

Ultimate Banana Bread Cinnamon Rolls: Fluffy, Goopy Recipe with Cream Cheese Frosting

The Ultimate Banana Bread Cinnamon Rolls: A Goopy Comfort Food Mashup



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10 min

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INGREDIENTS

For the Dough:

- 1 cup mashed ripe bananas (about 2 large)
- 1/2 cup warm milk (110°F is ideal)
- 1/4 cup melted butter
- 1/4 cup granulated sugar
- 1 large egg
- 2 1/4 tsp active dry yeast (1 packet)
- 1/2 tsp salt

3 1/4 cups all-purpose flour (plus more for kneading)

For the Filling:

- 1/2 cup brown sugar, packed
- 1 tbsp ground cinnamon
- 1/4 cup softened butter

For the Cream Cheese Frosting:

- 4 oz cream cheese, softened
- 2 tbsp butter, softened
- 3/4 cup powdered sugar
- 1/2 tsp vanilla extract

DIRECTIONS

- Step 1: Activate the Yeast:** In a large mixing bowl (or the bowl of a stand mixer), combine the warm milk and yeast. Give it a light stir and let it sit for 5-10 minutes until a foamy layer forms on top. This tells you the yeast is active.
- Step 2: Mix the Dough:** To the yeast mixture, add the mashed bananas, melted butter, sugar, egg, and salt. Mix until just combined. Gradually add the flour, stirring until a shaggy dough forms.
- Step 3: Knead and Rise (First Proof):** Turn the dough out onto a lightly floured surface. Knead for 5-7 minutes until the dough is smooth, soft, and slightly tacky (it shouldn't stick aggressively to your hands). Place the dough in a greased bowl, turning it once to coat. Cover the bowl with plastic wrap or a kitchen towel and let it rise in a warm spot for 1 hour, or until it has doubled in size.
- Step 4: Assemble the Rolls:** Punch the risen dough down gently to release the air. On a lightly floured surface, roll the dough out into a rectangle, roughly 16 x 12 inches. Spread the softened butter evenly over the entire surface of the dough. In a small bowl, mix the brown sugar and cinnamon, then sprinkle this mixture evenly over the buttered dough.
- Step 5: Roll and Slice:** Starting from the long end, tightly roll the dough into a log. Use a sharp knife or, for cleaner cuts, a piece of dental floss, to slice the log into 12 even rolls. Place the rolls cut-side up in a greased 9x13 inch baking dish.
- Step 6: Second Rise and Bake:** Cover the rolls again and let them rise for a second time for 30-45 minutes. This second proof is crucial for extra fluffy rolls.

While they rise, preheat your oven to 350°F (175°C). Bake the rolls for 25-28 minutes, or until they are golden brown on top and cooked through in the center.

7. Step 7: Make the Frosting and Serve: While the rolls are still warm, prepare the frosting. In a medium bowl, beat the softened cream cheese and softened butter until light and fluffy. Gradually beat in the powdered sugar until smooth, then stir in the vanilla extract. Spread the creamy, tangy frosting generously over the warm rolls. Serve immediately!

SWAPS & NOTES

Yeast: Make sure your yeast is fresh and your milk is warm, not hot.

Too hot, and you'll kill the yeast; too cool, and it won't activate.

The perfect temperature feels slightly warmer than body temperature.

Bananas: The riper the bananas, the better .

TIPS FOR SUCCESS

Use a Warm Spot for Rising: Yeast loves warmth.

If your kitchen is cool, preheat your oven to the lowest setting for a few minutes, turn it OFF, and place the covered dough inside to rise.

Room Temperature Cream Cheese: The key to smooth, lump-free frosting is using fully softened cream cheese and butter .

Set them out on the counter an hour before you start baking.

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