

## Ultimate Loaded Cinnamon Rolls with Cream Cheese Frosting & Pecans

The Best Homemade Cinnamon Rolls: Gooney, Loaded, and Perfect for Brunch



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

For the Dough:

- 4 cups all-purpose flour
- 1 packet (2 1/4 tsp) active dry yeast
- 1 cup warm milk (110°F/45°C)
- 1/3 cup granulated sugar
- 1/3 cup unsalted butter, melted
- 1 teaspoon salt
- 2 large eggs

For the Filling:

- 1/2 cup unsalted butter, softened
- 1 cup packed brown sugar
- 2 1/2 tablespoons ground cinnamon

For the Cream Cheese Frosting:

- 4 oz cream cheese, softened
- 1/4 cup unsalted butter, softened
- 1 1/2 cups powdered sugar
- 1/2 teaspoon vanilla extract
- 2-3 tablespoons milk (to thin, if necessary)

For the Toppings:

- 1/2 cup chopped pecans (toasted for extra crunch)
- 1/4 cup caramel sauce (optional, for drizzling)

### DIRECTIONS

- 1.** Prep : Time: 30 minutes | Rise Time: 1.5-2 hours | Bake Time: 25-30 minutes
- 2.** Stage 1: Prepare the Dough: Activate Yeast: In a small bowl, dissolve the yeast in the warm milk with 1 tablespoon of the granulated sugar. Let it sit for 5-10 minutes until it becomes foamy. This is your yeast proofing and indicates it's active.
- 3.** Combine : Ingredients: In a large mixing bowl (or the bowl of a stand mixer), combine the flour, the remaining sugar, melted butter, salt, eggs, and the foamy yeast mixture.
- 4.** Knead: Mix until a dough forms. Turn the dough out onto a floured surface and knead for 6-8 minutes until it is smooth and elastic. It should spring back slightly when poked.
- 5.** First : Rise: Place the dough in a greased bowl, cover it loosely with plastic wrap or a kitchen towel, and let it rise in a warm place for 1-1.5 hours until it has doubled in size.
- 6.** Stage 2: Create the Filling and Roll: Make Filling: In a small bowl, mix together the softened butter, brown sugar, and cinnamon until thoroughly combined and spreadable.
- 7.** Roll : Dough: Gently punch down the risen dough and roll it out into a large rectangle, approximately 16x2 inches.
- 8.** Spread : Filling: Evenly spread the cinnamon-sugar mixture over the entire surface of the dough, leaving a small 1/2-inch border on one of the long edges.
- 9.** Roll and : Slice: Starting from the long side opposite the clean edge, roll the dough up tightly. Slice the

log into 12 equal rolls, about 1 1/2 inches thick.

10. Stage 3: Bake and Frost: Second Rise: Place the rolls into a greased 9x13-inch baking dish. Cover and let them rise again for 30 minutes. They should be puffy and pressed up against each other.
11. Bake: Preheat your oven to 350°F (175°C). Bake for 25-30 minutes until the tops are golden brown. The internal temperature should be around 200°F.
12. Make : Frosting: While the rolls are baking, beat together the cream cheese and softened butter until smooth. Gradually add the powdered sugar and vanilla extract. Beat until smooth. Add milk, 1 tablespoon at a time, until the frosting reaches your desired consistency.
13. Frost and : Garnish: Let the rolls cool for about 10 minutes (they should still be warm). Spread the cream cheese frosting generously over the rolls, then sprinkle with toasted pecans and drizzle with caramel sauce. Serve warm.

## SWAPS & NOTES

Milk Temperature is Key: The milk must be warm (not hot!) to

activate the yeast.

Too cold and it won't foam; too hot and it will kill the yeast. 110°F is the sweet spot-it should feel warm to the touch but not scalding.

Butter Swap: You can use salted butter and simply omit the salt

from the dough ingredients.

Pecan Alternatives: If you don't like pecans, walnuts or even shredded coconut make fantastic crunchy toppings.

## TIPS FOR SUCCESS

A quick 5-7 minutes in a dry pan over medium heat until fragrant brings out their flavor exponentially.

The Key to Gooiness: To get an extra-gooey bottom layer, you can lightly grease your baking pan and pour a thin layer of melted butter mixed with a little brown sugar before placing the rolls in.

After placing the rolls in the pan for the second rise, cover the pan tightly and freeze.

The night before serving, transfer them to the fridge to thaw overnight.

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

Original recipe: <https://chefmaniac.com/ultimate-loaded-cinnamon-rolls-with-cream-cheese-frosting-pecans/>