

Banana Bread Cinnamon Rolls with Cream Cheese Frosting

1 cup mashed ripe bananas, about 2 large



OVEN
350°F

TIME
5 to 10 min

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INGREDIENTS

For the dough:

- 1 cup mashed ripe bananas, about 2 large
- 1/2 cup warm milk, about 110°F
- 1/4 cup melted butter
- 1/4 cup granulated sugar
- 1 large egg
- 2 1/4 teaspoons active dry yeast
- 1/2 teaspoon salt
- 3 1/4 cups all-purpose flour, plus more for kneading

For the filling:

- 1/2 cup brown sugar
- 1 tablespoon ground cinnamon
- 1/4 cup softened butter

For the cream cheese frosting:

- 4 ounces cream cheese, softened
- 2 tablespoons butter, softened
- 3/4 cup powdered sugar
- 1/2 teaspoon vanilla extract

DIRECTIONS

1. Activate the yeast: In a bowl, combine the warm milk and yeast. Let it sit for 5 to 10 minutes, until foamy.
2. Mix the wet ingredients: Add the mashed bananas, melted butter, granulated sugar, egg, and salt to the yeast mixture. Stir until well combined.
3. Add the flour: Gradually add the flour, stirring until a dough forms. Knead for 5 to 7 minutes, until the dough is soft and slightly sticky.
4. Let the dough rise: Place the dough in a greased bowl, cover it, and let it rise for 1 hour, or until doubled in size.
5. Roll and fill the dough: Roll the dough out into a rectangle about 16 by 12 inches. Spread the softened butter over the surface.
6. In a small bowl, mix the brown sugar and cinnamon, then sprinkle it evenly over the buttered dough.
7. Shape the rolls: Roll the dough up tightly from the long side. Slice into 12 rolls and place them in a greased 9x13-inch baking dish.
8. Rise again: Cover the rolls and let them rise for 30 to 45 minutes. While they rise, preheat the oven to 350°F (175°C).
9. Bake: Bake for 25 to 28 minutes, or until the rolls are golden.
10. Frost and serve: Beat together the cream cheese, softened butter, powdered sugar, and vanilla until smooth. Spread the frosting over the warm rolls and serve.

SWAPS & NOTES

Very ripe bananas work best here because they mash easily and bring the strongest banana flavor.

If your bananas are still a little firm, the flavor will be milder.

Too much heat can affect the yeast, while properly warmed milk helps the dough rise well.

The dough should be soft and slightly sticky, not dry.

TIPS FOR SUCCESS

Use ripe bananas with plenty of brown spots for the best flavor and sweetness.

That classic banana bread taste really comes through when the fruit is fully ripe.

Do not add too much flour while kneading.

A slightly sticky dough makes softer cinnamon rolls.

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

Original recipe: <https://chefmaniac.com/banana-bread-cinnamon-rolls-with-cream-cheese-frosting/>