

Cinnamon Roll French Toast Roll-Ups Are My Favorite Sweet Breakfast Treat

Cinnamon Roll French Toast Roll-Ups



Cinnamon Roll French Toast Roll-Ups
1 tablespoon cinnamon
1/2 cup cream cheese

TIME
20 min

METHOD
Air fryer

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Roll-Ups:

8 slices thick, soft bread

2 eggs

1/4 cup milk

1 teaspoon vanilla extract

1/4 cup granulated sugar

1 teaspoon cinnamon

For the Cinnamon Filling:

4 tablespoons unsalted butter, softened

1/4 cup brown sugar

1 tablespoon ground cinnamon

4 ounces cream cheese, softened

1/2 teaspoon vanilla extract

For Cooking:

2 tablespoons butter, for frying

DIRECTIONS

1. Prepare the bread: Remove the crusts from each slice of bread. Using a rolling pin, flatten each slice until it's thin and easy to roll.
2. Make the filling: In a small bowl, mix together the softened butter, brown sugar, cinnamon, cream cheese, and vanilla extract until smooth and spreadable.
3. Fill and roll: Spread a thin layer of the cinnamon filling over each flattened bread slice. Roll each one up tightly into a log and set aside seam-side down.
4. Mix the French toast coating: In a shallow bowl, whisk together the eggs, milk, and vanilla extract until smooth.
5. Make the cinnamon sugar: In a separate small bowl, stir together the granulated sugar and cinnamon for coating.
6. Cook the roll-ups: Heat the butter in a large skillet over medium heat. Dip each roll-up into the egg mixture, making sure it's coated evenly but not soaked for too long.
7. Place the roll-ups in the skillet and cook, turning occasionally, until golden brown on all sides.
8. Coat and serve: While still warm, roll each cooked French toast roll-up in the cinnamon sugar mixture until fully coated. Serve warm.

SWAPS & NOTES

Soft sandwich bread works best here because it rolls easily without cracking.

Thick-cut white bread is ideal, but brioche can make these even richer and more dessert-like.

Just be sure the bread is soft enough to flatten without tearing.
The filling is what gives these roll-ups their cinnamon roll

flavor.

TIPS FOR SUCCESS

Flattening the bread well is one of the most important steps.

It makes the slices easier to roll and helps them hold their shape while cooking.

If the bread is too thick or too dry, it can crack instead of rolling smoothly.

Use softened cream cheese and butter for the filling so everything blends easily and spreads without tearing the bread.

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

Original recipe: <https://chefmaniac.com/cinnamon-roll-french-toast-roll-ups-are-my-favorite-sweet-breakfast-treat/>