

# ONE BITE

VEGAN MAGAZINE

Perfect Creamy  
**Turmeric**  
**Latte**

IG WORTHY  
FIG & COCONUT  
CREAM TOAST

Swirly Cinnamon Rolls  
with Tofu Icing

Rich Arugula-Pecan

**CHEESY**  
**SPREAD**

*Tofu Spread with  
Dried Tomatoes*

**Smoky Baba Ganoush Dip**





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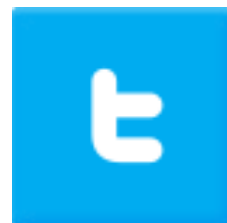
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# Swirly Cinnamon Rolls with Tofu Icing

By: Tara from A Vegan Visit



**M**y best friend and I recently visited New York to celebrate her birthday. It was our first time to The Big Apple and it was one of those trips that you know you'll remember for the rest of your life - filled with fun, laughter, amazement... and incredible food.

Cinnamon rolls have to be one of the most iconic foodie treats of New York - the minute you get a waft of the warm, aromatic scent of sweet, buttery, cinnamon rolls from a nearby stand,

you just HAVE to have one.

These rolls are everything a cinnamon bun should be - squishy, soft, doughy rolls with a sweet and gooey cinnamon swirl and, best of all, accompanied by a silky smooth tofu icing - literal food heaven!

I have no doubt that you will LOVE this recipe - be sure to tag me on Instagram when you make it @aveganvisit :-)



## Swirly Cinnamon Rolls with Tofu Icing Recipe

**Serves: 12-15 rolls**

### Dough:

- 50g + 1 tsp coconut sugar
- 150ml warm water
- 1 tbsp yeast, dried
- 450g plain flour
- 1 tsp salt
- 50ml warm milk
- 50g aquafaba (the liquid from a chickpea tin)
- 50g dairy free margarine, melted

### Cinnamon Filling:

- 200g coconut sugar

- 12g cinnamon
- 75g dairy free margarine, at room temperature
- 100g sultanas, preferably soaked in orange juice for 1 hour
- Orange juice for soaking

### Sugar Glaze:

- 2 tbsp sugar
- 2 tbsp warm water

### Tofu Icing (aka vegan genuis-ness):

- 175g silken tofu, pressed and drained\*
- 15g maple syrup
- 35g icing sugar
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 25g coconut oil, melted





## SWIRLY CINNAMON ROLLS WITH TOFU ICING

### To make your dough:

1. Add your sultanas to a small bowl and cover with orange juice. Set aside to soak whilst you make your dough.
2. In a jug mix your warm water with the yeast and 1 tsp of the coconut sugar. Stir and set aside to froth up for 5 minutes.
3. In a large bowl mix your flour, salt, warm milk, aquafaba, melted margarine and yeast mix (once it has frothed up).
4. Mix together to form a dough and then knead on a lightly floured surface for 10 minutes.
5. Place your dough in an oiled bowl, cover with cling film and a tea towel and set aside somewhere warm for one hour to prove.

### Filling your cinnamon rolls:

1. Make your filling by mixing together the coconut sugar and cinnamon.
2. Once your dough has finished proving, remove it from the bowl and roll it out on a lightly floured surface into a rectangular shape around 1cm thick.

3. Generously spread soft margarine over the dough. Sprinkle with a thick layer of your cinnamon sugar and drained sultanas.
4. Roll your dough lengthways and seal with a little bit of water on the edge.
5. Cut off the ends and then slice into equal slices - you should get around 12 to 15 rolls.
6. If you like your cinnamon rolls to be joined once they are baked (like hot cross buns) then place them all on one tray with a little bit of space in between each one, but not too much (around 1-2 cm).
7. If you want your cinnamon rolls to be separate, place them in a deep muffin tin (greased and lined with greaseproof paper).
8. Cover your rolls and leave them to prove in a warm place for a further 30 minutes.
9. Preheat your oven to 180C and bake for 18 minutes.

### Topping your cinnamon rolls:

1. If you prefer a simple sugar glaze, mix together your sugar and warm water and brush this on top of your rolls the minute they come out of the oven.
2. If you'd like to top your rolls with a silky smooth tofu icing, blitz all of your icing ingredients in a blender or food processor and spread over the top of your rolls once they are cold. Leaving the icing in the fridge for 15 minutes before topping will make this easier to spread as it firms up a bit.

\*To press your silken tofu, wrap the block in a couple of layers of kitchen towel and place it between two chopping boards. Add some weight on to the top chopping board to press it down a little - something like a tin of chopped tomatoes will work well. Once it has been pressed for 15 minutes, remove the kitchen towel and you are ready to go.



### ABOUT THE AUTHOR

Tara, from food and travel blog A Vegan Visit, hopes to inspire you with new and inventive dishes, along with top tips for vegan travel! Find recipe re-creations of the best vegan food from around the world on her blog: [aveganvisit.com](http://aveganvisit.com)

