

Sourdough Cinnamon Rolls with Cream Cheese Icing

Prep: 8-12 hours (overnight) plus 30 minutes active • Cook: 20-25 minutes

Soft, tender sourdough rolls spiraled with buttery cinnamon-brown sugar and baked until golden and gooey, then lavishly finished with a silky cream cheese glaze. Gentle overnight fermentation deepens the flavor, balancing sweet warmth with a delicate sourdough tang.

Ingredients

- Active sourdough starter
- Water
- Flour (freshly milled hard wheat or unbleached all-purpose)
- Coconut oil (melted)
- Honey
- Eggs
- Baking soda
- Baking powder
- Salt
- Butter (very soft (for filling))
- Brown sugar
- Cinnamon
- 6 oz Cream cheese
- 1/2 cup Heavy cream
- 1/2 cup Maple syrup or honey
- 2 tsp Vanilla extract

Instructions

1. Make the dough: In the bowl of a stand mixer fitted with a dough hook, combine active sourdough starter, flour, honey, water, eggs, and melted coconut oil. Mix, then knead on medium-low until smooth, glossy, and it passes the windowpane test.
2. First rise (ferment): Transfer dough to a lightly oiled bowl, cover tightly, and ferment in a warm place 8-12 hours overnight. (Alternatively, ferment about 4 hours at room temp, then refrigerate overnight.)
3. Add leaveners: The next day, add baking soda, baking powder, and salt to the dough. Knead about 5 minutes until fully incorporated.
4. Make the filling: In a bowl, mix softened butter, brown sugar, and cinnamon until evenly combined.
5. Roll out: On a lightly floured surface, roll the dough to about 1/4 inch thickness.

6. Fill and roll: Spread the cinnamon-sugar butter evenly over the dough. Roll up tightly and pinch the seam to seal.
7. Slice: Use thread or unflavored dental floss to cut into 12 rolls (halve the log, then cut each half into 6).
8. Pan: Arrange rolls in a well-seasoned 14-inch cast-iron skillet or a greased 9x13-inch baking dish.
9. Bake: Bake at 375°F (190°C) for 20-25 minutes, until lightly browned and cooked through. Cool slightly.
10. Cream cheese icing: In a small saucepan over medium heat, combine cream cheese, heavy cream, maple syrup or honey, and vanilla; stir until smooth (immersion blender optional).
11. Finish: Pour warm icing over the rolls and serve.

Tags: Sourdough, Breakfast, Cinnamon Rolls, Baking, Make Ahead, Sweet

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