



Easy Cinnamon Rolls

Adapted from www.ChocolateCoveredKatie.com



Ingredients



- 16 oz pizza dough
- 2 tbsp applesauce
- 3 tbsp sugar
- 2-3 tsp cinnamon



Directions



Yield: 13 rolls **Serving size:** 1 roll

Total cost: \$1.20 **Serving cost:** \$ 0.09

1. Preheat oven to 400° F. Roll out dough on a floured surface. Roll very thinly (just under 1/4-inch is perfect). If dough is too sticky to roll, just add more flour of choice a little at a time.
2. Spread remaining ingredients on top.
3. Cut long strips, then roll each up as tightly as possible.
4. Bake in a greased pan for 20 minutes.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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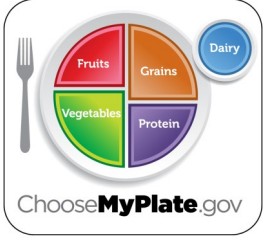

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Fast Facts



Featured Food Groups

Cooking Tips



- Replace unsweetened applesauce with butter or oil if needed.
- Serve with fruit to boost nutrition.

Nutrition Facts	
13 servings per container	
Serving size	1 roll
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 1.08mg	6%
Potassium 235mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

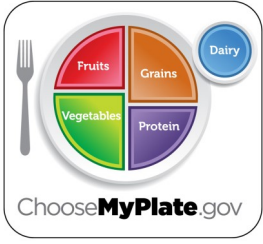

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