

Banana Cinnamon Rolls ★★★★★

A sweet treat perfect for breakfast, brunch, or dessert! These cinnamon rolls are made with a banana flavored dough, cinnamon filling, and cream cheese frosting.

Course Breakfast and Brunch **Cuisine** American **Prep Time** 1 hr 30 mins

Cook Time 15 mins **Total Time** 1 hr 45 mins **Servings** 12 **Calories** 325

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Ingredients

Banana Dough

- 1 . 25 ounce package or 2 ¼ teaspoons yeast
- ½ cup milk warm
- 1/3 cup sugar
- ¼ cup butter melted
- 1 teaspoon salt
- 2 eggs
- 1 teaspoon vanilla
- 1-2 medium bananas mashed (¾ cup mashed banana)
- 4 ⅓ cups flour measured correctly

Filling

- 1/3 cup butter softened
- 1 ½ tablespoons cinnamon
- 1 cup brown sugar

Frosting

- 4 tablespoons butter softened
- 4 tablespoons cream cheese room temperature
- 1 teaspoon vanilla
- pinch of salt
- 1 ½ cups powdered sugar

Instructions

Dough

1. Dissolve yeast in warm milk with 2 tablespoons of sugar. Let stand for 10 minutes until the mixture is foamy.
2. In a stand mixer (see notes for doing this without a stand mixer), using either the paddle attachment or dough hook. Mix in the yeast mixture with the remaining sugar. Then add in the eggs, butter, salt, vanilla, and mashed bananas.
3. Add in flour and knead into a large ball. The dough will be very soft and sticky, just keep scraping down the sides, and knead for a few minutes.
4. Place dough ball in a large greased bowl. Cover bowl in plastic wrap and let rise in a warm place for 1 hour, dough should have doubled in size.

Filling & Assembly

1. While dough is rising, mix together all filling ingredients until smooth.
2. Preheat oven to 350 degrees. When dough is done rising tip dough on to an oiled surface. Oil up your rolling pin and roll out your dough into a rectangle that is 15 inches long and 10 inches wide.
3. Spread your filling evenly across the dough and tightly roll your dough into a long tube.
4. Slice into 12 even rolls, each slice will be approximately 1 $\frac{3}{4}$ " wide. Place slices into a greased 9x13 inch pan and let rise again for 10-15 minutes.
5. After the second rise has finished place pan in the oven and bake for 15-20 minutes.

Frosting

1. While cinnamon rolls are baking make your frosting. Cream together butter and cream cheese until smooth and creamy. Add in your vanilla, salt, and powdered sugar, cream together until smooth.
2. I like to let my cinnamon rolls to cool for a few minutes, and then frost them while they're still a little warm so that the frosting melt into all the little crevices.

Notes

- You can do this without a stand mixture too. If doing this without a stand mixer use a large spatula to mix the ingredients together. Grease your hands liberally and use your hands to knead the dough into a ball.

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