

Choco Fever Dream

Banana Bread Cinnamon Rolls with Cream Cheese Frosting

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1/2 cup unsalted butter, softened
- [ ] 1/2 cup brown sugar
- [ ] 2 ripe bananas, mashed
- [ ] 1/2 cup plain yogurt
- [ ] 1 egg
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon

For the Cream Cheese Frosting

- [ ] 4 oz cream cheese, softened
- [ ] 2 tbsp unsalted butter, softened
- [ ] 1 cup powdered sugar, sifted
- [ ] 1 tsp lemon juice
- [ ] 1/2 tsp vanilla extract

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9-x-13 inch baking dish and set aside.
2. In a bowl, whisk together flour, baking soda, and salt. In another bowl, beat butter and brown sugar until fluffy, then add mashed bananas, yogurt, egg, and vanilla; mix until combined.
3. Combine the wet and dry mixtures gently; fold in the cinnamon. The dough will be slightly sticky.
4. Turn the dough onto a lightly floured surface, roll into a rectangle about 12×8 inches, and spread a thin layer of softened butter.
5. Sprinkle a mixture of brown sugar and additional cinnamon evenly over the buttered dough.
6. Roll the dough tightly from the long side, slice into 10 even rolls, and place them seam-side down in the prepared dish.
7. Bake for 20-25 minutes, until the tops are golden and a toothpick comes out clean.
8. While the rolls are still warm, whip together cream cheese, butter, powdered sugar, lemon juice, and vanilla until smooth; drizzle or spread over the rolls.
9. Serve warm, perhaps with a cup of coffee or tea.

Nutrition per serving

280 kcal	5 g	38 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the rolls to cool slightly before frosting so the frosting doesn’t melt away completely.
- If the dough feels too sticky, dust the surface with a bit more flour, but avoid over-flouring.
- These rolls reheat beautifully in a 300°F oven for 5-7 minutes.