Cinnamon Rolls

Ingredients:

Dough:

- 4 c. Flour *(If using self-rising flour you can omit the next 3 ingredients)*
- 1 T. baking powder
- 1 t. baking soda
- 1 t. salt
- 1 c. shortening or butter *(softened)*
- 1 1/2 – 2 c. Buttermilk *(you can use regular milk and add 1 T. Vinegar)*
- 1 T. honey *(optional)*
- 1/4 butter, melted *(optional)*

Filling:

- 1 stick or butter, melted
- ¾ c. light brown sugar
- 2 t. ground cinnamon

Mix all of these together and set aside.

Icing:

- 1 c. powdered sugar
- 1 T. butter, melted
- 1 t. vanilla
- 2-3 T. milk

Mix all of these together and set aside.

Optional:

- Milk or Heavy cream for brushing rolls

Directions:

Preheat oven to 400.

Grease a baking pan or cast-iron skillet well. *(Slather it on so those biscuits will slide right off.)*

First, whisk together the dry ingredients for the dough. *(This can also be done in the stand mixer.)*

Then cut the butter or shortening into the flour mixture or mix it with the mixer until it resembles small grains of rice.

Next, add the buttermilk and honey, and mix just until blended. or if using a stand mixer mix it on low just until it forms a ball. *You don't want to mix it too much or you will have tough biscuits.*

Sprinkle a bit of flour on a clean work surface.

Scrape the ball of dough onto the floured surface.** Gently pat into a rectangle then top with the filling.

Gently roll the dough into a log and pinch the seam and ends together.

Slice into 12 rounds and gently place into your greased pan.

Brush the tops with melted butter, if desired. *You could also brush with a little milk or cream.*

Bake for 20-25 minutes or until browned. *Start checking them around 15 minutes to make sure they aren't getting too brown.*

Allow to cool for a few minutes and then glaze.

Note: These can be made ahead of time and the unbaked rolls can be placed on a parchment paper lined pan and frozen. Once frozen you can place them in a plastic bag or container and keep them in the freezer. Pull out as many as you need and bake a few at a time.