

Vegan Apple Cinnamon Rolls from Scratch

Ingredients

For the Dough

- 1/2 cup soymilk (or other plant-based milk)
- 2 tbsp. vegan butter, melted
- 2 ¼ tsp. instant yeast
- ½ cup granulated sugar
- 1 cup pumpkin puree
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ tsp. ground ginger
- 5 cups all-purpose flour

For the Apples

- 4 medium/large apples
- ½ cup sugar
- 1-2 tsp. cinnamon

For the Glaze

- 1 cup powdered sugar
- ½ tsp. cinnamon
- 4 tsp. soymilk (or other plant-based milk)

Steps

1. Start by making your dough. Add the soymilk, vegan butter, yeast, sugar, and pumpkin puree to the bowl of your mixer and mix (alternatively, you can do this whole recipe by hand- see the notes for modifications). Once combined, add the salt, cinnamon, and ginger, along with the flour, about one cup at a time. Once all the flour is integrated, switch your mixer to the dough hook, and let kneed for about 5 minutes, until the dough is smooth and even looking. Place the dough in an oiled bowl, covered, in a warm space to prove for an hour to an hour and a half.

2. While the dough is proving, prepare your apples. Peel the apples, and cut them into very small cubes (no bigger than about ¼ inch cubes). The smaller the cubes, the easier rolling and cutting will be. Add to a mixing bowl with the sugar. Toss, and let sit for at least 30 minutes. When you are ready to use them, simply drain the liquid before use.



3. Lightly grease a 9x12 inch glass baking tray and set aside. Take the proofed dough from the bowl. On a lightly floured surface, roll the dough into a large and thin rectangle, roughly 10 x 24 inches (your dough should be in “landscape” mode). Sprinkle the whole surface with the 1-2 tsp. cinnamon. Next add the drained and chopped apples, covering around 7 inches of the width, but leaving a good 3 inches on the far side of the counter empty. Roll, starting from the apple end near you, until you get to the apple-free side. Gently pat the edge in. Use a sharp, serrated knife to cut the roll into 16 slices. Place them in your prepared baking tray, cover gently with a clean kitchen towel, and allow to prove for a second time, this time for around 20 minutes.

4. Preheat the oven to 350°F (175°C). Bake your cinnamon rolls for about 25-30 minutes, and remove from the oven. Let cool. While the buns are cooling, mix up your glaze. Combine the powdered sugar and cinnamon, and then add your vegan milk 1 tsp. at a time, whisking, until you have a nice glaze consistency. Once the rolls are just slightly warm to the touch, pour the glaze over the tops. And enjoy!

Notes: To make this recipe without a mixer, first mix the wet ingredients in a large mixing bowl. Add the spices and flour, and mix with a wooden spoon. It will take a little muscle to get all the flour integrated. Once it has been mixed in, flip the dough out on a clean and well-floured surface. Knead for around 10 minutes, until the dough is smooth, not too sticky, and springs back. Return to the recipe for instructions on proving.