

SNACK

Gluten Free, Grain Free



Ingredients:

For the Glaze

- ¼ cup raw honey
- ¼ cup [coconut oil](#)
- ¼ teaspoon almond extract
- 2 teaspoons vanilla extract

Method:

Preheat the oven to 350 degrees F. Lightly grease a pan with coconut oil. Combine the dry dough ingredients in a medium bowl and mix to remove any lumps. Combine the wet dough ingredients in another medium bowl and mix well. Combine the wet and dry ingredients together and mix well. Cut two rectangular pieces of parchment paper and place the dough in between them. Use a rolling pin to flatten the dough evenly into a large rectangle. Remove the top piece of parchment paper.

In a small bowl combine the filling ingredients. Sprinkle the filling mixture over the flattened dough, then carefully roll it up. Use a serrated knife to cut the roll into 9 pieces. Carefully place the pieces on your prepared pan. Bake for 20 minutes.

In a small bowl combine the glaze ingredients. Drizzle over the cinnamon rolls. Sprinkle with chopped pecans. Enjoy!

Healthy Cinnamon Rolls

Ingredients:

For the Dough

- 2 ½ cups [almond flour](#)
- ¼ cup [coconut flour](#)
- ¼ teaspoon [baking soda](#)
- ½ teaspoon sea salt
- ¼ cup [coconut oil](#)
- 2 Tablespoons raw honey
- 2 eggs at room temperature
- 1 Tablespoon vanilla essence
- ¼ cup [coconut sugar](#)

For the Filling

- ½ cup [coconut sugar](#)
- 2 Tablespoons ground cinnamon
- 2 Tablespoons [coconut oil](#)
- ¼ cup [raisins](#)
- ¼ cup [walnuts](#), chopped