



FCS FOUNDATION

Fat Free Cinnamon Rolls

Pair this with some fat free Greek yogurt and fruit parfaits or scrambled eggs whites and fruit for a balanced meal!

Ingredients:

- 1 1/3 tablespoons yeast
- 1 cup lukewarm skim milk
- 1/4 cup white sugar
- 3 cups all-purpose flour
- 2 egg whites
- 1 teaspoon salt
- 1 cup brown sugar
- 1 1/2 tablespoons ground cinnamon
- 1 egg white
- 1 tablespoon skim milk
- 1 1/3 cups powdered sugar
- 3 tablespoons skim milk
- 1 teaspoon vanilla extract

Directions:

In a large bowl, combine the 1 cup lukewarm milk and the yeast. Add the 1/4 cup sugar, 1 1/2 cups of the flour and the 2 egg whites. Mix well. Cover bowl with kitchen towel and let sit 30 minutes on the counter. Now add the salt and the other 1 1/2 cups flour. Knead dough 5 minutes, adding enough extra flour to keep dough from sticking to counter. Roll out the dough into a rectangle shape, probably 12" by 9". Mix the 1 cup brown sugar with the ground cinnamon and sprinkle over dough, saving a little to sprinkle over top. Roll up dough, lengthwise and cut into approximately 1" slices. Place it in greased baking pan. Beat together the egg white and the 1 tablespoon skim milk, brush over the tops of cut rolls and sprinkle with the reserved cinnamon/sugar mix. Preheat oven to 375 degrees and bake the rolls uncovered for 20-25 minutes. In a small bowl combine powdered sugar, the 3 tablespoons skim milk and the vanilla. Cool the rolls slightly and drizzle icing over.

Our mission

To establish a global support network to promote advocacy and education for patients and caregivers living with Familial Chylomicronemia Syndrome (FCS)

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