

Bite Spoon

Banana Bread Cinnamon Rolls With Cream Cheese Frosting

20 min Prep time	**20 min** Cook time	**40 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 2 ripe bananas, mashed
- [ ] 1/2 cup warm milk
- [ ] 1/4 cup melted butter
- [ ] 1/3 cup brown sugar
- [ ] 1 large egg, room temperature
- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/2 tsp salt

Cinnamon Filling

- [ ] 1/4 cup softened butter
- [ ] 1/3 cup brown sugar
- [ ] 2 tsp ground cinnamon
- [ ] 1/4 cup chopped walnuts (optional)

Cream Cheese Frosting

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

Instructions

1. Preheat the oven to 350°F (175°C). Lightly grease a 9×13-inch baking pan.
2. In a bowl, whisk together mashed bananas, warm milk, melted butter, brown sugar, and the egg until smooth.
3. In a separate bowl, sift flour, baking powder, baking soda, and salt. Gradually add to the wet mixture, stirring just until combined.
4. Turn the dough onto a lightly floured surface and knead gently 5-6 times; it should be soft but not sticky.
5. Roll the dough into a rectangle about 12×10 inches. Spread the softened butter for the filling, then sprinkle the brown sugar and cinnamon mixture evenly.
6. Roll the dough tightly from the long side, pinch the seam, and cut into 8 equal pieces.
7. Place rolls in the prepared pan, brush the tops with a little melted butter, and bake 18-20 minutes until golden.

8 While rolls bake, beat cream cheese, butter, powdered sugar, vanilla, and lemon juice until light and fluffy.

9 When rolls are done, let them cool 5 minutes, then spread the frosting generously over each roll.

Nutrition per serving

310 kcal	5 g	42 g	13 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer dough, replace half of the milk with buttermilk.
- Allow the rolls to rest for a few minutes after frosting for the flavor to meld.
- For extra aroma, add a pinch of ground nutmeg to the cinnamon filling.