

Red Velvet Cinnamon Rolls with a Twist

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Ingredients

DOUGH

(Made in 1 to 1 1/2-pound capacity bread machine)
1/2 cup puréed beets (canned or cooked fresh*)
1/2 cup water (80° - 85°F)
1 tablespoon butter, softened
1 large egg
3/4 teaspoon salt
1 cup King Arthur White Whole Wheat Flour
1 3/4 cups King Arthur Unbleached All-Purpose Flour
2 tablespoons unsweetened baking cocoa
3 tablespoons granulated sugar
1 (1/4 ounce) package Fleischmann's® Active Dry Yeast

FILLING

1 tablespoon butter, softened
3 tablespoons granulated sugar
1 1/2 teaspoons ground cinnamon
1/3 cup milk chocolate or semisweet chocolate chips

ICING

1/4 cup (2 ounces) cream cheese, softened
2 tablespoons butter, softened
1 cup sifted confectioners' sugar
1 teaspoon vanilla extract
2-3 teaspoons low-fat milk
1/4 cup chopped, toasted pecans
*Freshly cooked beets give a brighter red color; allow 45 minutes to 1 hour to cook.



Prep Time: 1 hour (plus 1 hour, 30 minutes on bread machine setting)
Bake Time: 12 minutes
Yield: Makes 16 rolls

Nutrition Information

One roll provides approximately 207 calories; 4 g protein; 32 g carbohydrates; 2 g dietary fiber; 7 g fat (3 g saturated); 26 mg cholesterol; 19 mcg folate; 1 mg iron and 133 mg sodium.



Directions

1. Thoroughly drain beets in a colander; puree in food processor.
2. Have all ingredients at room temperature (77° to 85°F). Place dough ingredients in bread machine pan in the order suggested by manufacturer. Set bread machine for DOUGH cycle. After 5 minutes, check dough consistency. Dough should form a soft ball around paddle. If necessary, add a teaspoon of flour or water to the dough until the right consistency is reached.
3. When dough cycle is complete, place dough on lightly floured work surface and roll into a 10 x 16-inch rectangle. Brush dough with 1 tablespoon butter, keeping 1/2-inch away from 16-inch sides.
4. Combine sugar and cinnamon; sprinkle lengthwise over half of dough. Sprinkle and press chocolate chips over sugar-cinnamon mixture. Fold other half of dough over filling, forming a 5 x 16-inch rectangle. Press together and seal 16-inch edge.
5. Cut dough into sixteen 1 x 5-inch strips. Twist each strip and form into a coil, pinching end underneath roll to seal. Place 2 inches apart on parchment-lined baking sheets. Cover; let rise until almost double, about 45 to 55 minutes.
6. Bake in preheated 375°F oven 10 to 12 minutes. Remove rolls to rack.
7. In a medium bowl, stir together the icing ingredients except nuts, beating in enough milk to make drizzling consistency. Stir until smooth and well blended. Drizzle icing on cooled rolls; sprinkle on nuts.