

Cinnamon Roll Bites

This recipe makes ~25 cups of bites



Ingredients

3 - 17.5 oz cans Pillsbury Grands cinnamon rolls with cream cheese frosting
½ cup sugar
2 tbsp cinnamon

This recipe was contributed by John In Bibs

Directions:

1. In a bowl, mix sugar and cinnamon together. Set aside.
2. Preheat the oven to 400°F.
3. Line a baking sheet with parchment paper.
4. Open the cans of cinnamon rolls and cut each roll into bite sized pieces.
5. Toss the pieces in the cinnamon-sugar mixture, ensuring they are well coated.
6. Spread the coated cinnamon roll pieces evenly on the prepared baking sheet.
7. Bake for 13-17 minutes, or until golden brown.
8. Allow the cinnamon roll bites to cool completely.
9. Transfer them to a parchment lined freeze dryer tray.
10. Drizzle with icing.
11. Pre-freeze when possible.
12. Freeze dry.
13. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

Notes:

The larger Grands cinnamon rolls worked much better than the smaller rolls. Feel free to add a little of your own icing to the cinnamon rolls if you prefer more.

Nutritional Value Per 1 cup

Calories: 275 Protein: 3 g Fat: 12 g Carbohydrates: 43 g Sugar: 20 g Fiber: 1 g