

Treasure Barrel

Banana Bread Cinnamon Rolls with Cream Cheese Frosting

20 min Prep time	**25 min** Cook time	**45 min** Total time
8 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Dough

- ▢ 2 cups all-purpose flour
- ▢ 1 tsp baking powder
- ▢ ½ tsp baking soda
- ▢ ¼ tsp salt
- ▢ ½ cup unsalted butter, softened
- ▢ ½ cup honey
- ▢ 2 large eggs
- ▢ 3 ripe bananas, mashed
- ▢ ¼ cup milk

Cinnamon Swirl

- ▢ ¼ cup brown sugar
- ▢ 2 tsp ground cinnamon
- ▢ 2 tbsp melted butter

Cream Cheese Frosting

- ▢ 4 oz cream cheese, softened
- ▢ 2 tbsp unsalted butter, softened
- ▢ ½ cup powdered sugar
- ▢ 1 tsp lemon juice
- ▢ ½ tsp vanilla extract

Instructions

1. In a bowl, whisk together flour, baking powder, baking soda, and salt.
2. In a separate bowl, beat butter and honey until fluffy, then add eggs one at a time.
3. Stir in mashed bananas and milk, then gently fold in the dry ingredients until just combined.
4. Prepare the cinnamon swirl by mixing brown sugar, cinnamon, and melted butter; set aside.
5. Roll the dough into a rectangle, spread the cinnamon mixture, and roll tightly into a log.
6. Slice the log into 8 even pieces and place on a parchment-lined baking sheet.
7. Bake at 350°F (175°C) for 20-25 minutes, until golden and a toothpick comes out clean.
8. While the rolls cool slightly, beat cream cheese, butter, powdered sugar, lemon juice, and vanilla until smooth. Drizzle over warm rolls.

Nutrition per serving

320 kcal	5 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough sticks, dust the surface with a little extra flour.
- Don’t over-mix; a few lumps are okay and keep the crumb tender.
- You can add a pinch of nutmeg to the cinnamon swirl for depth.