

# EINKORN CHAI-APPLE CINNAMON ROLLS WITH CASHEW CREMA FILLING



## TIME REQUIRED

Prep Time: 30 minutes

Rest/Rise Time: 20–30 minutes

Bake Time: 20–25 minutes

## SERVING

8–10 rolls

## INGREDIENTS

### DOUGH

- 1 cup warm unsweetened almond milk (105–115°F)
- 1 package active dry yeast
- 2½ cups Einkorn all-purpose flour
- ½ cup pumpkin puree or unsweetened applesauce
- ½–⅔ cup grated apple, washed and unpeeled
- 2 tbsp flaxseed meal + 6 tbsp water (egg replacer)
- ⅓ cup pure maple syrup or 2 Medjool dates, soaked and blended
- ½ tsp sea salt
- ½ tsp baking powder

### FILLING

- ½ cup cashew crema or unsweetened non-dairy yogurt
- ½ cup grated or finely chopped apple
- 1–2 tsp cinnamon
- ½–1 tsp chai spice blend (cardamom, cloves, nutmeg, ginger, optional allspice)
- Optional: 1–2 tsp maple syrup or finely chopped Medjool date

### CASHEW-LEMON ICING (OPTIONAL)

- ½ cup cashew crema or non-dairy yogurt
- 1–2 tbsp maple syrup or 2 dates, soaked & blended
- ½ tsp vanilla extract
- ½ tsp lemon juice or zest
- Optional: pinch of cinnamon

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## STEPS

1. Prep Flax Egg - Mix flaxseed meal + water and let gel for 5 minutes.
2. Activate Yeast- Warm almond milk to 105–115°F. Sprinkle yeast over milk, stir lightly, and let sit 5 minutes until foamy.
3. Mix Dough- In a large bowl, combine Einkorn flour, baking powder, salt, pumpkin puree, grated apple, flax gel, and maple syrup/dates.  
Add the foamy yeast mixture. Stir until a cohesive dough forms.

### Tip for Einkorn Flour:

Einkorn gluten is weaker than modern wheat; over-kneading makes rolls dense and gummy.

Knead gently for only 1–2 minutes, just enough for a smooth, slightly sticky ball.

### 4. Rest the Dough

- Cover and let rest 15–20 minutes. Dough will hydrate and be easier to roll.

### 5. Prepare Filling

- Mix cashew crema, grated apple, cinnamon, chai spices, and optional maple/date in a small bowl until smooth.

### 6. Shape Rolls

- Roll dough into a rectangle (~12x8 inches). Spread filling evenly, leaving ½-inch border on one long edge. Roll tightly from the long edge. Slice into 8–10 rolls.

### 7. Arrange & Rise

- Place rolls in a greased or parchment-lined baking dish. Allow to rest 10–15 minutes to slightly puff.

### 8. Bake

- Preheat oven to 350°F. Bake 20–25 minutes until golden brown. Remove and cool slightly.

### 9. Ice Rolls (Optional)

- Blend cashew crema, maple syrup, vanilla, and lemon juice/zest until smooth. Drizzle over warm rolls.

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### PS

*The cashew crema and apple filling creates tender, lightly sweet, chai-spiced layers. Using Einkorn flour means the rolls are soft but not overly airy, and the short knead keeps them light, fluffy, and blood sugar-friendly. The apple adds natural sweetness and moisture, while the spices provide antioxidant and anti-inflammatory benefits, making this a healthy, festive treat that tastes indulgent without compromise.*

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## Einkorn Quick Tips Sidebar

### 1. Dough Texture

- Slightly sticky is normal. Resist adding extra flour to avoid dryness.

### 2. Kneading

- Only 1–2 minutes. Einkorn gluten is fragile; over-kneading = gummy rolls.

### 3. Hydration / Resting

- Let dough rest 15–20 minutes for proper hydration and elasticity.

### 4. Rolling & Filling

- Roll gently; don't force it. Spread filling evenly with a ½-inch border.

### 5. Slicing Rolls

- Use a sharp knife or dental floss for clean cuts. Lightly dust with flour if needed.

### 6. Proofing / Second Rest

- Rest rolls 10–15 minutes before baking to allow slight puffing.

### 7. Baking Tips

- 350°F for 20–25 minutes. Rolls should be golden and springy. Avoid opening oven early.

### 8. Optional Icing / Drizzle

- Drizzle over warm rolls for best flavor and texture.

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*PS*

*Following these steps ensures tender, flavorful, slightly sweet rolls that are blood sugar-friendly and feel indulgent without compromise.*