



Brown Sugar and Cinnamon Pull Apart Bread



Makes 12 servings

Ingredients

- 1 cup hot (100 to 110 F) water
- 1 package dry active yeast
- 1/2 teaspoon granulated sugar
- 1/2 teaspoon salt
- 3 tablespoons canola oil

- 1 1/2 cups all-purpose flour, divided
- 1 1/2 cups whole-wheat flour, divided
- nonstick cooking spray
- 1/2 cup packed light brown sugar
- 1 3/4 teaspoons ground cinnamon
- 1/2 cup unsalted butter, melted

Directions

- In a small bowl, combine water, yeast and sugar. Stir. Let sit at room temperature for 10 minutes.
- In a large bowl, combine salt, oil and 1 cup of each flour. Stir with a wooden spoon. Gradually add yeast mixture, stirring until combined. Slowly add remaining flours and stir.
- Sprinkle a clean work surface lightly with flour. Place dough on surface and spray the dough bowl with nonstick cooking spray. Return the dough to the bowl and turn until well-coated.
- While dough rises: In a small bowl, combine brown sugar and cinnamon. Stir with a fork. Spray an 8- or 9-inch round pan with nonstick cooking spray. Set aside.
- Sprinkle a clean work surface lightly with flour. Place dough on surface and sprinkle lightly with flour. Flatten into a 6-by-6-inch square and cut into six strips. Then cut each strip into six pieces. Roll each piece into a ball.

(directions continued on back)



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Directions (continued)

- Dip each ball into the melted butter, then roll it in the brown sugar-cinnamon mixture. Place balls in prepared pan. (They'll fit snugly!) Cover tightly with plastic wrap and allow to sit in a warm place for 1 to 2 hours or until balls have risen slightly.
- While dough is rising: Arrange oven rack to middle and preheat oven to 350 F. Once dough has risen, remove plastic wrap and bake for 20 to 30 minutes or until golden-brown. Allow to cool for 5 minutes, then run a knife along the edges of the pan to loosen the bread. Place a large plate on the top of the pan, and flip over the pan and plate to remove bread. Allow to cool for 5 minutes. Enjoy!

= low sodium

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Nutrition Facts

Serving Size 3 pieces (73g)
Servings Per Container 12

Amount Per Serving

Calories 240 **Calories from Fat 100**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 100mg **4%**

Total Carbohydrate 32g **11%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 4g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
Carb choices per serving: 2