

Gluten Free Pull-Apart Cinnamon & Sugar Pumpkin Rolls

(Gluten Free, Can be Dairy Free, Corn Free, Soy Free)

Created by jalene @ donteatwheat.com

Makes about 12

Ingredients:

- 1 Tbsp Active Dry Yeast
- 1 tsp sugar (I use evaporated cane juice sugar)
- 1 cup warm water (about 105 degrees F)
- 1 cup brown rice flour
- 6 Tbsp potato starch
- $\frac{1}{4}$ cup tapioca starch
- 1 & $\frac{1}{2}$ tsp xanthan gum
- $\frac{3}{4}$ tsp sea salt
- 1 & $\frac{1}{2}$ tsp baking powder
- 1 & $\frac{1}{2}$ tsp pumpkin pie spice
- 1 large egg
- $\frac{1}{4}$ cup pumpkin puree
- 1 Tbsp coconut oil
- 2 Tbsp honey
- $\frac{1}{2}$ tsp apple cider vinegar



Additional Ingredients (if coating with sugar):

- Cinnamon & Sugar for rolling (I used the ratio of 1/3 cup sugar with 1 tsp cinnamon)
- 2 Tbsp butter OR Earth Balance butter sub, OR coconut oil, melted

Directions:

1. Grease 12 muffin tins with coconut oil and set aside.
2. In a small bowl combine the yeast, sugar, and warm water. Cover with a towel and let sit 6-8 minutes. I usually wait until it has doubled in size.
3. In a mixing bowl or food processor combine rice flour, potato starch, tapioca starch, xanthan gum, salt, baking powder and pumpkin pie spice.
4. Add the yeast mixture, egg, pumpkin puree, coconut oil, honey and apple cider vinegar and blend while scraping sides. Mix for 3 minutes on medium speed. (The dough will be thinner than regular bread dough and can not be shaped by hand.)
5. Using a 1 inch cookie scooper, scoop a mound into your cinnamon and sugar. Coat the dough and place into muffin tin. Repeat two more times so you should have a total of three cinnamon & sugar coated mounds in 1 tin. Repeat until all the dough is used.
6. Pour 1/2 tsp of the melted butter (or melted coconut oil or melted Earthbalance) over the top of each muffin section. (This gives an excellent taste and helps prevent sticking.)
7. Spray a sheet of plastic wrap with olive oil and place on top of the rolls. Preheat your oven to 350 degrees F. Allow the rolls to raise 15 minutes.
8. Bake for about 15-17 minutes. (They should be moist but not doughy on the inside.)

Store in an airtight container on the counter (not the fridge!) You can freeze these as well.

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