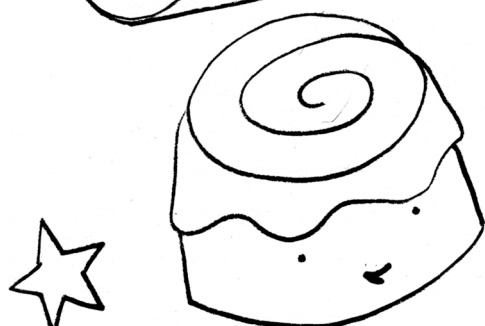
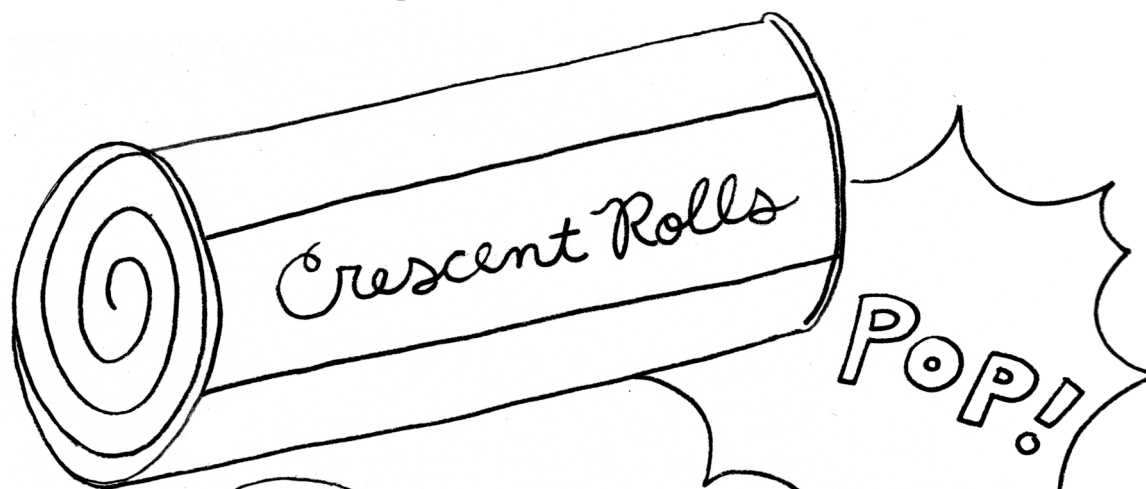


morning cinnamon rolls



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It takes only five ingredients and a little time to whip up these yummy glazed rolls that start with a package of crescent roll dough. These goodies, from Helen Lipko of Martinsburg, Pennsylvania, go great with an ice-cold glass of milk!

PREP/TOTAL TIME: 25 MIN. YIELD: 8 SERVINGS

1 tube (8 ounces) refrigerated reduced-fat crescent rolls

1/2 teaspoon ground cinnamon

Sugar substitute equivalent to 1/2 cup sugar, divided

1/4 cup confectioners' sugar

1 tablespoon fat-free milk

Unroll crescent dough into a rectangle; seal seams and perforations. Combine the cinnamon and half of the sugar substitute; sprinkle over dough. Roll up jelly-roll style, starting with a long side; seal edge. Cut into eight slices.

Place rolls cut side down in a 9-in. round baking pan coated with cooking spray. Bake at 375° for 12-15 minutes or until golden brown.

In a small bowl, combine the confectioners' sugar, milk and remaining sugar substitute; drizzle over warm rolls.

Editor's Note: This recipe was tested with Splenda sugar blend.

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