

Protein Cinnamon Buns



There's nothing like the smell of cinnamon buns to warm the soul! Here, we're giving this classic a nutritional twist: soft, lightly sweetened dough, a comforting filling, and protein-enriched icing for a balanced snack. Each bite offers a gentle blend of flavours and textures, perfect to start the day or enjoy during a moment of relaxation. Pair it with a coffee or warm vanilla milk for a simple, nourishing treat!

Preparation 20 min

Cooking 25 min

Waiting 165 min

Servings 8

Nutrition Facts (per serving)

Calories 240

Fat 7

Carbohydrates 28

Fibre 2

Protein 16

Sodium 100

Ingredients

Bun dough:

- 60 ml (¼ cup) 2% milk, warmed

- 6 g (½ tbsp) active dry yeast
- 5 ml (1 tsp) sugar (or brown sugar)
- 430 ml (1 ¾ cups) all-purpose flour
- 125 ml (½ cup) almond flour (or oat flour)
- 1 ml (¼ tsp) salt
- 1 large egg
- 250 ml (1 cup) 0% plain Greek yogurt
- 5 ml (1 tsp) vanilla extract

Cinnamon filling:

- 45 ml (3 tbsp) sugar (or brown sugar)
- 15 ml (1 tbsp) ground cinnamon
- 15 ml (1 tbsp) melted coconut oil (or melted butter)

Icing:

- 2 scoops vanilla protein powder (about 60 g)
- 15–30 ml (1–2 tbsp) 2% milk

Preparation

1. In a small bowl, combine warm milk, yeast, and sugar. Let rest for 5–10 minutes until frothy.
2. In a large bowl, mix flours and salt. Add the egg, Greek yogurt, vanilla, and yeast mixture. Stir until a uniform dough forms.
3. Knead the dough for 2 minutes, cover, and refrigerate for 20–30 minutes. The dough will be slightly sticky.
4. Knead again for 5–8 minutes, adding flour as needed.

First rise:

5. Place the dough in a bowl, cover with a clean, damp cloth, and let rise at room temperature for 1–1.5 hours (or longer) until doubled in size.
6. Meanwhile, in a small bowl, mix brown sugar, cinnamon, and melted coconut oil (or butter).

7. Punch down the dough and roll it out on a lightly floured surface into a 10 x 12-inch (25 x 30 cm) rectangle. Spread the cinnamon filling evenly over the dough. Roll the dough tightly into a cylinder and cut into 8 equal slices.

Second rise:

8. Place the slices in a greased pan, cover, and let rise for another 30–45 minutes at room temperature.
9. Preheat the oven to 350°F (180°C).
10. Once the second rise is complete, bake the buns for 20–25 minutes until golden brown.

Icing:

11. Meanwhile, mix protein powder and milk in a bowl, adjusting the milk to achieve a smooth, creamy consistency.
12. Drizzle the warm buns with icing and enjoy.

Notes

Keeps for 3 days in an airtight container at room temperature. Freezes well for up to 3 months.



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