



THE
CHILDREN'S HERITAGE
SOURCEBOOK



100+ BACK-TO-ROOTS ACTIVITIES FOR KIDS & TEENS

Healthy, Seasonal Cooking • Living with Animals
Gardening • Crafts & Projects

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Gluten-Free Sourdough Cinnamon Rolls

MAKES 8 ROLLS

These cinnamon rolls are so delicious! Just like the traditional sourdough version, these use a variation on the sourdough biscuit recipe as a base, then cinnamon, sugar, and more butter and sugar are added to make them even more amazing.

FOR THE DOUGH:

1 cup tapioca flour
½ cup millet flour
½ cup brown rice flour, plus more for dusting
½ cup (1 stick) plus 2 tablespoons unsalted butter, cut into small chunks, or coconut oil
½ cup recently fed gluten-free sourdough starter
3 tablespoons psyllium husk
1 tablespoon raw honey
1 teaspoon sea salt
1 teaspoon baking powder
1 teaspoon baking soda
1 cup whole milk, buttermilk, kefir, or coconut milk

FOR THE FILLING:

1 cup coconut sugar or brown sugar
2 tablespoons unsalted butter, softened, or coconut oil
1 tablespoon maple syrup
2 tablespoons ground cinnamon
Pinch of sea salt

1. To make the dough, put the flours in a large bowl. Using a pastry cutter or knife and fork, cut in the butter until the mixture resembles coarse crumbs. Stir in the sourdough starter, psyllium husk, honey, salt, baking powder, baking soda, and milk until a soft dough just comes together.
2. To make the filling, combine the sugar, butter, maple syrup, cinnamon, and salt in a small bowl.
3. Flour the work surface. Roll out the dough with a floured rolling pin to a rectangle about 8 by 11 inches, with a 1- to 1½-inch thickness. Smear the filling over the dough, and, starting from one long edge, roll it into a log. Cut the log crosswise into eight 1- to 1½-inch-thick pieces. Place them cut-side down on a parchment-lined baking sheet and put it in the fridge to chill for 8 hours.
4. Preheat the oven to 350°F. Take the rolls out of the fridge and place them in a 10-inch cast-iron or other ovenproof skillet; they should be touching one another.
5. Place the skillet in the hot oven and bake for 20 to 30 minutes, or until the cinnamon rolls are golden brown. Let sit for at least 30 minutes before serving.

