



Maple Cinnamon Rolls

★ ★ ★ ★ ★ 4.8 from 4 reviews

Prep Time: 45 minutes **Cook Time:** 25 minutes **Total Time:** 12-15 hours (overnight)

Yield: 12 large rolls

Save time in the morning and wake up to warm fresh cinnamon goodness with these overnight maple cinnamon rolls.

Ingredients

DOUGH

- 1 cup (240ml) **whole milk***
- 2/3 cup (135g) **granulated sugar**
- 1 and 1/2 tablespoons (14g) Red Star Platinum **yeast** (2 standard size packets)*
- 1/2 cup (115g) **unsalted butter**, softened to room temperature and cut into 4 pieces
- 2 large **eggs**, at room temperature
- 1/2 teaspoon **salt**
- 4 and 1/2 cups (558g) **all-purpose flour** (spoon & leveled), plus more for dusting/rolling

FILLING

- 1/2 cup (115g) **unsalted butter**, softened to room temperature
- 1/4 cup (60ml) **pure maple syrup**
- 1/4 cup (50g) **granulated sugar**
- 1 Tablespoon **ground cinnamon**

MAPLE ICING

- 1 and 1/2 cups (180g) **confectioners' sugar**
- 2 Tablespoons (30ml) **pure maple syrup**
- 2 Tablespoons (30ml) **whole milk**

Instructions

- 1 Make the dough:** Heat milk to about 95°F (35°C)— use microwave or stovetop. Pour the warm milk into the bowl of a stand electric mixer fitted with the dough hook attachment (OR you can use a handheld mixer OR no mixer, but a stand mixer is ideal). With a whisk, manually whisk in the sugar and yeast. Cover with a towel and let sit until the yeast is foamy, about 5-10 minutes. If the yeast does not dissolve and foam, start over with fresh active yeast. On low speed, beat in the softened butter until it is slightly broken up. Next add the eggs, one at a time, and then the salt. The butter won't really be mixing into the mixture, so don't be alarmed if it stays in pieces. On low speed, gradually add the flour. Once it is all added, beat on medium speed until a soft dough forms. Increase speed to medium-high and beat until the dough is soft and supple, about 6 minutes longer. *If you do not have a stand-mixer with a hook attachment, knead the dough by hand in this step.
- 2** Transfer the dough to a lightly floured surface and knead it with your hands for 1 minute. Form the dough into a ball and transfer it to a lightly greased bowl. Cover the dough loosely with plastic wrap, a paper towel, or aluminum foil and let sit in a warm place until doubled in size, about 1 to 2 hours. **Here's what I do:** turn the oven on to 200°F (93°C). Once

heated to that temperature, turn the oven off. Stick the covered dough inside the oven and allow it to rise in this warm environment.

- 3 Grease the bottom and sides of a 9×13 inch baking dish. Turn the risen dough out onto a lightly floured work surface, punch it down and, using a rolling pin, roll into a 12×18 inch rectangle. Make sure the dough is smooth and evenly thick.
- 4 **For the filling:** Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and maple syrup together on medium-high speed until combined and creamy. Add the sugar and cinnamon, beating until combined. Spread the maple mixture all over the dough. Tightly roll up the dough to form an 18-inch-long log. Cut into 12 even rolls. Arrange them in the prepared baking pan, cut sides up. Cover the rolls very tightly with aluminum foil (no rolls exposed– this dries out your dough!) and stick in the refrigerator for 8-12 hours.³
- 5 Remove rolls from the refrigerator and let rise in a warm place just as you did in step 2 until they are puffy, about 1-2 hours. Mine usually take 1 and 1/2 hours.
- 6 After the rolls have risen, preheat the oven to **375°F (191°C)**. Bake for about 25 minutes, until they are golden brown. About halfway through the bake time, I like to cover the rolls loosely with aluminum foil so the tops don't brown too much. Remove pan from the oven and allow to cool on a wire rack for about 10 minutes as you make the icing.
- 7 **Make the icing:** Whisk all of the icing ingredients together. If it's too thin, add a little more confectioners' sugar. Drizzle icing over warm rolls. Cover leftover frosted or unfrosted rolls tightly and store at room temperature for up to 3 days– I prefer this over storing in the refrigerator. I find that dries them out, but do what you like best.

Notes

- 1 **Freezing Instructions:** Baked rolls can be frozen up to 2-3 months. Thaw overnight in the refrigerator and warm up before enjoying. You can also freeze the unbaked rolls and here's how: bake the rolls in step 6 for only about 10 minutes at **375°F (191°C)**. Cool completely, then cover tightly and freeze. To serve, take the rolls out of the freezer and put into the refrigerator a few hours before serving. Then, finish baking them.
- 2 **Milk:** Whole milk preferred for richest tasting dough. 2% or 1% would be fine, but not ideal. Nonfat is not recommended.
- 3 **Yeast:** If not using an instant yeast, rise time may be up to 40% longer. Reference my [Baking with Yeast Guide](#) for answers to common yeast FAQs.
- 4 **Faster Option:** If planning to bake the rolls right away, in step 4– instead of sticking the rolls in the refrigerator, loosely cover them and let rise in a warm place just as you did in step 2 until they are puffy, about 2 hours. Then continue with step 6.
- 5 **Special Tools:** [KitchenAid Stand Mixer](#) | [KitchenAid Hand Mixer](#) | [Dough Hook](#) | [Whisk](#) | [Glass Mixing Bowls](#) | [Red Star Platinum Yeast](#) | [Ground Cinnamon](#) | [White 9×13 Baking Dish](#)



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