

Plate Dream

Banana Bread Cinnamon Rolls with Cream Cheese Frosting

20 min Prep time	**25 min** Cook time	**45 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 2 very ripe bananas, mashed
- [ ] 1/2 cup unsalted butter, softened
- [ ] 3/4 cup granulated sugar
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp salt

Cinnamon Swirl

- [ ] 1/4 cup brown sugar
- [ ] 2 tsp ground cinnamon
- [ ] 2 tbsp melted butter

Cream Cheese Frosting

- [ ] 4 oz cream cheese, softened
- [ ] 2 tbsp unsalted butter, softened
- [ ] 1 cup powdered sugar
- [ ] 1 tsp lemon juice
- [ ] 1/2 tsp vanilla extract

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×13-inch baking pan.
2. In a large bowl, beat the mashed bananas, butter, and sugar until smooth. Add eggs, vanilla, and mix well.
3. Sift together flour, baking soda, and salt; fold into the wet mixture until just combined.
4. Spread the dough onto a parchment-lined sheet, about 1/4-inch thick.
5. Brush with melted butter, then sprinkle the cinnamon-sugar mixture evenly.
6. Roll the dough tightly, slice into 8 equal pieces, and place in the prepared pan.
7. Bake for 20-25 minutes, until golden and a toothpick comes out clean.
8. While the rolls cool, beat together cream cheese, butter, powdered sugar, lemon juice, and vanilla until fluffy.
9. Spread the frosting over warm rolls and serve.

Nutrition per serving

310 kcal	5 g	48 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the bananas are not ripe enough, add a tablespoon of honey for extra sweetness.
- For a deeper caramel flavor, brown the butter before brushing the dough.
- Store leftovers in a single layer to keep the tops from becoming soggy.