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Warm Cinnamon Swirls

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- 8 ounce(s) dough, dinner roll, crescent, reduced-fat, refrigerated
- 4 teaspoon cinnamon sugar
- cooking spray
- 1/2 cup(s) sugar, powdered
- 2 teaspoon milk, lowfat (1%)

Preparation

1. Preheat oven to 375°.
2. Unroll crescent roll dough onto work surface. Separate dough crosswise with a sharp knife. Press perforations together with fingers. Sprinkle each portion of dough with 2 teaspoons cinnamon-sugar. Roll up 1 portion of dough, starting at long side and pressing firmly to eliminate air pockets; pinch seam to seal. Cut roll into 10 slices. Place rolls, cut sides down, on a baking sheet coated with cooking spray. Repeat with remaining dough and cinnamon-sugar.
3. Bake at 375° for 10 to 12 minutes or until golden.
4. Whisk together powdered sugar and milk until smooth; drizzle over warm rolls with a small whisk.

Yield: 20 swirls (serving size: 1 swirl).

