



Goey Cinnamon Rolls With Cream Cheese Icing

PER SERVING (1 iced roll): 125 calories, 5g fat, 308mg sodium, 18.5g carbs, <0.5g fiber, 6.5g sugars, 3g protein

Ingredients

Filling

- 1/4 cup dark brown sugar (not packed)
- 1/4 cup granulated no-calorie sweetener
- 1/2 tbsp. light whipped butter or light buttery spread, room temperature
- 1 1/2 tsp. cinnamon
- 1/8 tsp. salt

Icing

- 1/4 cup fat-free whipped topping, thawed from frozen
- 3 tbsp. fat-free cream cheese, room temperature
- 1 tbsp. granulated no-calorie sweetener

Dough

- 1 package reduced-fat crescent rolls refrigerated dough
- 16 sprays no-calorie spray butter

Directions

To make filling, combine all ingredients in a medium bowl, stirring well to make sure the butter gets mixed in evenly. Set aside.

To make icing, combine all ingredients in a small bowl and mix until smooth and blended. Place in the fridge to chill and set.

Prepare a dry surface by sprinkling it with a small amount of flour to prevent sticking. Remove dough from package and knead into a ball. Using a rolling pin dusted lightly with flour, very firmly roll out dough into a thin sheet about 8" X 12". Spray the dough's surface evenly with butter.

Spread filling out evenly over dough, leaving a half-inch border around the edges. Starting with a long side of the dough, roll it up tightly, forming a log. Once dough is completely rolled up, pinch the long seam to seal.

Turn the log over so that the seam is facing down. Using a very sharp knife, cut log into 8 even pieces, being careful not to squish dough.

Spray a baking pan with nonstick spray and arrange pieces of dough in the pan with swirl sides facing up. Use your hands to firmly press down on the tops of the pieces. Pinch the side seams to seal, if necessary.

Cover pan with aluminum foil. Bake in the oven for 8 minutes.

Remove foil and return pan to oven. Bake for an additional 5 minutes, or until cinnamon rolls have risen and are slightly browned on top.

Evenly distribute icing over cinnamon rolls and then enjoy!

MAKES 8 SERVINGS

A serving of the original recipe has 250 calories and 15g fat!



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