



Goopy Cinnamon Rolls With Cream Cheese Icing



1/8th of recipe (1 iced roll): 126 calories, 5g total fat (1g sat. fat), 308mg sodium, 18.5g carbs, <0.5g fiber, 6.5g sugars, 3g protein

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Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

Icing

1/4 cup Cool Whip Free (thawed)
3 tbsp. fat-free cream cheese, room temperature
1 tbsp. Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below

Filling

1/4 cup dark brown sugar (not packed)
1/4 cup Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below
1/2 tbsp. light whipped butter or light buttery spread, room temperature
1 1/2 tsp. cinnamon
1/8 tsp. salt

Rolls

1 package refrigerated Pillsbury Crescent Recipe Creations Seamless Dough Sheet
16 sprays Can't Believe It's Not Butter! Spray

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, thoroughly mix all icing ingredients. Cover and refrigerate.

In a medium bowl, thoroughly mix all filling ingredients.

Unroll dough on a dry surface with the long sides on the left and right. Roll or stretch into a large rectangle of even thickness. Evenly spray with butter.

Evenly spread filling onto dough, leaving a 1-inch border. Tightly roll up dough into a log. Pinch the long seam to seal.

Turn log so the seam side is down. Cut widthwise into 8 equally sized rolls, and lay rolls on the baking sheet, swirl sides up.

Bake until golden brown, 12 to 15 minutes.

Drizzle icing over rolls and enjoy!

MAKES 8 SERVINGS

HG Natural Alternative: If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

Another HG Natural Alternative: Swap out the Splenda for the same amount of granulated white sugar, and each serving will have 152 calories, 25.5g carbs, and 14.5g sugars. (**SmartPoints®** value 6*).

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