



## *Brooklyn Cinnamon Stix*

- *1/4 cup warm water (110°F)*
- *2-1/4 t. (1 package (1/4 ounce) active dry yeast)*
- *1 cup milk*
- *4 T. butter*
- *1/2 cup sugar (or Xylitol sugar substitute)*
- *1 cup whole wheat flour*
- *3-1/2 cups all-purpose flour*
- *1 egg*
- *1/2 t. salt*
- *canola oil (for coating bowl)*
- *1/2 cup butter, melted*
- *1 cup sugar (or Xylitol sugar substitute)*
- *2 T. cinnamon*

1. In mixing bowl, dissolve yeast in water. Set aside.

2. In a small saucepan over medium heat, scald milk. Remove from heat and add butter and sugar. Cool to 100°F. - 110°F.

3. Stir wheat flour, 1 cup all-purpose flour, egg and milk mixture into yeast bowl. Beat with a mixer or by hand until smooth. Cover with a clean towel and let mixture rise in a warm place for 30 minutes. (You can use your microwave as a proofing box. Heat 1 cup of water in a glass measuring cup for 1 minute. Move the cup to the back corner of the microwave, then place dough inside. Close door and let rise.)

4. Stir salt and 2-1/2 cups all-purpose flour into sponge. Turn out on floured surface and knead for 10 minutes adding more flour as necessary to prevent sticking, or use the dough hook attachment, and knead with standing mixer for 10 minutes.

5. Coat a large clean bowl with a bit of canola oil and place dough in it, turning once to coat. Cover with a clean towel and let rise until doubled, about 1 hour. (If using your microwave as a proofing box, make sure to warm the water in the measuring cup again.)

6. Mix the cinnamon and sugar together in a medium-size bowl or dish. Place the melted butter in another dish. Set aside.

Preheat the oven to 350°F.

7. After the dough has risen, gently punch down with your fist to release the air. Place on a floured board. Divide the dough in half to make shaping easier. Take each half of the dough and shape into a log about 3" wide. Cut into pieces about 1" wide. Roll each one in butter, then cinnamon sugar mixture. Place on a parchment lined baking sheet, making sure that the stix touch each other on the pan.

8. Bake for 15 minutes, until golden brown. Remove from parchment from baking sheet to cool.