



Pumpkin Cinnamon Rolls

★★★★★ 4.7 from 59 reviews

Author: [Sally](#) **Prep Time:** 3 hours **Cook Time:** 25 minutes

Total Time: 3 hours, 25 minutes **Yield:** 10-12 rolls

Soft pumpkin cinnamon rolls filled with a gooey cinnamon swirl and topped with maple cream cheese icing.

Ingredients

PUMPKIN DOUGH

1/3 cup (80ml) **whole milk***
 2 Tablespoons (28g) **unsalted butter**
 1/2 cup (115g) canned **pumpkin** (*not pumpkin pie filling*)
 1/4 cup (50g) **granulated sugar**
 1/4 teaspoon **ground nutmeg**
 1/2 teaspoon **salt**
 1 large **egg**
 2 and 1/4 teaspoons (7g) **instant** or **active dry yeast** (*1 standard packet, see note*)
 2 and 2/3 cups (335g) **all-purpose flour** ([spooned & leveled](#)), plus more as needed for hands and work surface

FILLING

6 Tablespoons (85g) **unsalted butter**, [softened to room temperature](#)
 1/2 cup (100g) packed light or dark **brown sugar**
 1 Tablespoon **ground cinnamon**
 1/2 teaspoon **ground nutmeg**
 1/2 teaspoon **ground allspice**
 1/4 teaspoon **ground ginger**
 1/4 teaspoon **ground cloves**

MAPLE CREAM CHEESE ICING

4 ounces (113g) full-fat brick **cream cheese**, softened to room temperature
 3 Tablespoons (45ml) **pure maple syrup**
 1 Tablespoons (15ml) **whole milk**
 2/3 cup (80g) **confectioners' sugar**, sifted

optional: 1/8 teaspoon ground cinnamon

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Instructions

- 1 **Make the dough:** Warm the milk and butter together over the stove or in the microwave. Warm the two together until the butter is **just** melted. You want the mixture lukewarm (105°F (41°C)-115°F (46°C)), not scorching hot. Set aside. Whisk the pumpkin puree, sugar, nutmeg, and salt together in a large bowl or in the bowl of your stand mixer. Whisk in the warmed milk/butter, egg, and yeast until combined. Using the dough hook or paddle attachment on low speed or mixing by hand using a rubber spatula or wooden spoon, mix in 1 cup of flour. Mix for 1 minute, scraping down the sides of the bowl as needed. Add 1 and 2/3 cups more flour and beat for 1 more minute.
- 2 **Knead the dough:** Keep the dough in the mixer and beat on low speed for an additional 3 minutes or knead by hand on a lightly floured surface for 3 minutes.
- 3 **1st Rise:** Lightly grease a large bowl with oil or use nonstick spray. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with aluminum foil, plastic wrap, or a clean kitchen towel. Allow the dough to rise in a relatively warm environment for 2 hours or until double in size. (I always let it rise on the counter and it takes about 2 hours. For a tiny reduction in rise time, see my answer to *Where Should Dough Rise?* in my [Baking with Yeast Guide](#).)
- 4 Grease the bottom and sides of a 9-inch square or round baking dish, 9×13 inch baking dish, or 11×7 inch baking dish. This recipe yields 10-12 rolls and they can fit into any of those size pans.
- 5 **Roll out the dough:** Punch down the dough to release the air. Place dough on a lightly floured work surface and using a lightly floured rolling pin, roll dough into a 10×14 inch rectangle. Make sure the dough is smooth and evenly thick. If the dough keeps shrinking as you roll it out, stop what you're doing, cover it lightly, and let it rest for 10 minutes to relax the gluten. When you return to the dough, it should stretch out much easier.
- 6 **Add the filling:** Spread softened butter evenly on top of the rolled-out dough. Combine the brown sugar, cinnamon, and spices into a small bowl. Sprinkle all over the top. Roll it up tightly. Using a very sharp knife, cut into 10-12 even rolls. Arrange rolls in the prepared pan.
- 7 **2nd Rise:** Cover the rolls tightly and allow to rise until doubled in size, about 1 hour. (Or use the overnight option below.)
- 8 Preheat oven to 350°F (177°C).
- 9 Bake rolls for about 22-28 minutes or until they are lightly browned on top. After about 15 minutes, tent a piece of aluminum foil over the top of the pan to prevent the tops from browning too quickly and baking unevenly. Remove pan from the oven and place pan on a wire rack for about 10 minutes as you make the icing.
- 10 **Make the icing:** Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the softened cream cheese in a medium bowl on medium speed until

smooth. Add the maple syrup and milk and beat on high until smooth. Add the confectioners' sugar (and cinnamon, if using) and beat on medium speed until creamy. Spread on warm cinnamon rolls.

- 11 Cover leftover frosted or unfrosted rolls tightly and store at room temperature for up to 2 days or in the refrigerator for up to 5 days.

Notes

- 1 **Overnight Instructions:** Prepare the rolls through step 6. Instead of allowing the cut rolls to rise in a warm environment in step 7, place the pan in the refrigerator and allow the rolls to rest for up to 14 hours before baking. When it's time to bake the next day, bring the rolls to room temperature and rise for 1 hour on the counter, or until almost doubled in size. Then bake as directed.
- 2 **Freezing Instructions:** Baked rolls can be frozen up to 2-3 months. Thaw overnight in the refrigerator and warm up before enjoying. You can also freeze the unbaked rolls and here's how: bake the rolls in step 9 for only about 10 minutes. Cool completely, and then cover tightly and freeze. To serve, take the rolls out of the freezer and place in the refrigerator overnight to thaw. Once thawed, finish baking them for about 15-20 minutes.
- 3 **Milk:** For super soft rolls, I recommend whole milk. Nondairy or lower fat milks work too, but the rolls may not taste as rich and fluffy.
- 4 **Yeast:** You can use active dry or instant yeast in this recipe. Follow all of the same instructions. If using active dry yeast, the rise times are usually *slightly* longer, but not much. Reference my [Baking with Yeast Guide](#) for answers to common yeast FAQs.
- 5 **Spices in Filling:** If needed, you can use 1 Tablespoon ground cinnamon and 1 and 1/2 teaspoons store-bought or homemade [pumpkin pie spice](#) in the filling. The pumpkin pie spice replaces the nutmeg, allspice, ginger, and cloves.

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