

Cinnamon Swirls

Dough is quite tender, so use waxed paper to help with the rolling.

All-purpose flour	1 1/2 cups	375 mL
Granulated sugar	2 tbsp.	30 mL
Baking powder	2 tsp.	10 mL
Baking soda	1/4 tsp.	1 mL
Salt	1/2 tsp.	2 mL
Cold butter (or hard margarine), cut up	1/4 cup	60 mL
Sour cream	3/4 cup	175 mL
Butter (or hard margarine), melted	1 1/2 tbsp.	25 mL
Granulated sugar	2 tbsp.	30 mL
Ground cinnamon	1 tsp.	5 mL
ICING		
Icing (confectioner's) sugar	1/2 cup	125 mL
Milk	1 tbsp.	15 mL
Ground cinnamon	1/8 tsp.	0.5 mL

Combine first 5 ingredients in large bowl. Cut in butter until mixture resembles coarse crumbs. Make a well in centre.

Add sour cream to well. Stir until soft dough forms. Turn out onto lightly floured surface. Gently knead 4 or 5 times until dough just comes together. Gently roll out on waxed paper on dampened work surface to 8 x 12 inch (20 x 30 cm) rectangle. Brush dough with melted butter, leaving 1 inch (2.5 cm) edge on 1 long side.

Combine second amount of granulated sugar and cinnamon in small cup. Sprinkle on top of butter. Roll up from covered long side, jelly-roll style, using waxed paper as guide. Pinch seam against roll to seal. Cut into 1 inch (2.5 cm) slices, using floured knife. Lay slices flat, about 1 1/2 inches (3.8 cm) apart, on greased baking sheet. Bake in 400°F (205°C) oven for about 15 minutes until golden. Let stand on baking sheet for 5 minutes before removing to wire rack.

Icing: Combine all 3 ingredients in small bowl until smooth. Drizzle over swirls. Makes 12 swirls.

1 swirl: 171 Calories; 7.9 g Total Fat (2.2 g Mono, 0.4 g Poly, 4.8 g Sat); 21 mg Cholesterol; 23 g Carbohydrate; 1 g Fibre; 2 g Protein; 252 mg Sodium