

Hazelnut and Cinnamon Knots

If you like cinnamon rolls, you will love this recipe! Those Hazelnut and Cinnamon Knots are super easy to make and delicious. They are wonderful to enjoy for breakfast or as an afternoon snack!

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PREP TIME

3 hrs

COOK TIME

25 mins



COURSE

Breakfast, Cake

CUISINE

German, International



SERVINGS

12

CALORIES

374 kcal

INGREDIENTS

For the dough

- 500 g flour
- 1 sachet of dry yeast 8 g
- 70 g sugar
- 1 teaspoon of salt
- 1 egg
- 250 ml of lukewarm milk
- 80 g butter soft

For the filling

- 200 g of ground hazelnuts
- 120 ml milk
- 60 g sugar
- 1 teaspoon of cinnamon
- 1 teaspoon cocoa powder unsweetened

INSTRUCTIONS

- Mix the flour, yeast, salt and sugar in a bowl. Then add the milk little by little. Then add the egg and the butter. Mix everything well.

- Knead the dough for about 5 minutes until it is smooth. Form a ball and place the dough ball in the bowl covered with towel. Raise the dough for 1h30 to 2 hours. It must double in size.
- For the filling, mix in a bowl, mix the ground hazelnuts, milk, sugar, cinnamon and cocoa.
- Then roll out the dough using a rolling pin and form a rectangle of about 30 x 20 cm (10 x 8 inches). Spread the filling over the entire surface. Then, fold the dough in three in the width.
- Cut strips 4 cm (2 inches) wide, then divide these strips into thirds. Braid and roll the braid over itself (see the pictures above). Let the knots rise for another 1 hour.
- Place them on a baking sheet lined with parchment paper, then bake for 20-25 minutes at 175 ° C (conventional heat). Serve when they are still warm.

NOTES

These knots can be freezed and remain delicious! They can then be reheated in the microwave or in the open air for a few hours.

NUTRITION

Calories: 374kcal

Saturated Fat: 5g

Cholesterol: 31mg

Sugar: 13g

Iron: 3mg

Carbohydrates: 48g

Polyunsaturated Fat: 1g

Sodium: 261mg

Vitamin A: 237IU

Protein: 8g

Monounsaturated Fat: 2g

Potassium: 101mg

Vitamin C: 1mg

Fat: 17g

Trans Fat: 1g

Fiber: 3g

Calcium: 70mg



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