

# Cinnamon Sugar Bowknots

Yield: 8 large Bowknots

## Ingredients

- ¼ cup sugar
- 1 teaspoon cinnamon
- 1 package refrigerator biscuits (8)
- 4 tablespoons butter (1/2 stick)
- 1 Tablespoon honey

## Equipment

- custard cup
- glass measuring cup
- pastry brush
- turner
- spoon
- baking sheet
- parchment paper

## Directions

1. Preheat oven to 400 degrees.
2. Combine sugar and cinnamon in a custard cup.
3. Melt the butter in a glass measuring container for about 30 seconds.
  - Cover with a paper towel so butter doesn't splash inside the microwave.
4. Put a piece of parchment paper on a baking sheet.
5. Separate the 8 biscuits and space evenly on the parchment covered baking sheet.
6. Using the palm of your hand press each biscuit into a flattened oval.
7. Pinch in the center of each biscuit.
8. Twist each biscuit and place back on the parchment paper.
9. Brush the top of each bowknot with melted butter.
- 10. Set the remaining butter aside because you will use it later.**
11. Sprinkle the top of each bowknot liberally with the cinnamon/sugar mixture.
12. Bake at 400 degrees and set timer for 8 minutes.
13. Check and put back in for another 2-4 minutes until they are golden brown and no longer appear "wet".
14. Add 1 Tablespoon honey to your remaining butter and mix until combined.
15. Brush honey/butter mixture over warm rolls after removing from oven.