



Birthday Cake Sweet Rolls



Developed by Hungry Girl. Brought to you by [Lily's!](#)

1/8th of recipe (1 roll): 119 calories, 3g total fat (2g sat. fat), 196mg sodium, 21.5g carbs, 2g fiber, 4.5g sugars, 4g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

- 1 cup self-rising flour
- 1 cup fat-free vanilla Greek yogurt
- 1 [Lily's Birthday Cake White Chocolate Style Bar](#), finely chopped
- 1 tbsp. rainbow sprinkles

Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

To make the dough, mix flour with yogurt in a large bowl. Evenly roll into one large rectangle, about 10" x 7".

Sprinkle with chopped chocolate. Tightly roll up the dough lengthwise into a log, and pinch the seam to seal.

Turn log seam side down, and cut into 8 rolls. Place rolls on the baking sheet, swirl sides up. Top with sprinkles, lightly pressing to adhere.

Spray with nonstick spray. Bake until light golden brown and cooked through, 10 - 12 minutes.

MAKES 8 SERVINGS

HG Dough Tips: To prevent sticking, lightly dust your hands and work surface with flour or refrigerate dough for at least 5 minutes.

Air-Fryer Alternative: Preheat air fryer to 360 degrees (or nearest degree), and spray with nonstick spray. Add rolls in a single layer, and spray with nonstick spray. (If needed, save remaining pieces for a second batch.) Cook for 10 minutes, or until tops are light golden brown and insides are cooked through.

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