

Raw uncooked/unbaked dessert rolls
The method of preparation of Raw uncooked/unbaked dessert rolls (e.g. Raw Cinnamon Rolls, Raw Cacao Rolls, and other similar dessert rolls with different constitutes)

Abstract

Consumers have been looking for alternatives to reduce weight and/or reduce their caloric consumption in recent years. As a result, they have been avoiding sweets & desserts in order to reduce the high calories associated with these conventionally processed foods, which do not provide any substantial health benefits to consumers.

Raw dessert rolls (buns) are unbaked/uncooked desserts, including Raw Cinnamon Rolls, Raw Cacao (chocolate) Rolls, or other constituents that provide a low caloric healthy dessert option with substantial health & weight management benefits to consumers. They have a low glycemic index and offer high nutritional value by being packed with high levels of vitamins, minerals, fiber, antioxidants, protein, anti-inflammatory compounds, and omega-3 fatty acids. In addition, they help maintain a strong immune system, Omega 3/6 balance, high fiber/healthy fat ratio, faster caloric digestion, and what scientists call the ideal “good fat” ratio for optimal health, which is a 1:2:1 ratio of saturated, monounsaturated, and polyunsaturated fat. These products also meet the standards of specialty diets including, raw food, vegan, vegetarian, kosher, gluten free, sodium free, cholesterol free low calorie, and organic diets.

The method of preparation of these products is such that they are unbaked or uncooked in any conventional high temperature process exceeding 120 degrees Fahrenheit, and they are free from all refined sugars, eggs, flour, gluten, cholesterol, high fructose corn syrup, hydrogenated oils, or any artificial preservatives. In addition, the method of preparation is such that the dessert rolls obtain a “thin bun-like” exterior that maintains their consistency and does not crack when being rolled into the final product.