



Winter Spiced Blackberry Swirl Buns

A Berry Good Idea

My grandson Leo gave me this idea. He picked blackberries last summer. His hands were stained purple for days. I wanted to bake something with those berries. I thought, why not swirl them into cinnamon rolls? Doesn't that sound amazing?

So we tried it. The kitchen smelled like a sweet, spiced dream. The purple swirl looked so pretty. Leo was so proud. I still laugh at his purple smile. This matters because food is best when it holds a memory. What's your favorite baking memory? Tell me about it.

The Magic in the Dough

Now, the dough has a secret. It uses vanilla pudding mix. I know, it sounds funny! But it makes the buns so soft and tender. They stay that way for days. It's a little trick my friend Margie taught me years ago.

Let the yeast get foamy in the water first. This is important. It means your yeast is awake and ready to work. The dough will be a bit sticky. That's just right. A soft dough makes soft buns. Trust your hands more than the clock.

Rolling Up the Cozy

Rolling out the dough is my favorite part. Spread the soft butter first. Then the brown sugar and cinnamon. This is the cozy winter spice. Next, spoon on that cool blackberry jam. It will look like a purple river.

Roll it up tight. Now, here's a fun fact: I use dental floss to cut the rolls. Just slide it under the log and pull the ends. It gives a clean cut without squishing. Try it! Do you have any clever kitchen tricks like that?

Patience is a Warm Bun

Let the rolls rise again. This is the "why" that matters. This second rise makes them light and fluffy. If you rush, the buns will be dense. I put them near the oven while it preheats. The gentle warmth helps.

You can even make them the night before. Just put the pan in the fridge. In the morning, let them sit out for an hour. Then bake. Waking up to that smell is pure joy. Would you bake these for a cozy morning or a special dessert?

The Pretty Pink Frosting

The frosting is the happy finish. Cream cheese and butter make it rich. Then you stir in some of that saved berry filling. Watch it turn a lovely pink color. Spread it on the warm buns. The warmth makes it melt just a little.

Use the last bit of filling to make swirls on top. This makes them look so special. Food that looks loved tastes even better. That's a truth in my book. What's your favorite way to make a simple treat look special?

Ingredients:

Ingredient	Amount	Notes
Blackberry Filling:		
Blackberries (fresh or frozen)	3 ½ cups	
Granulated sugar	½ cup	
Cornstarch	2 ½ tablespoons	
Salt	⅛ teaspoon	
Dough:		
Warm water	¼ cup	
Active dry yeast	2 ¼ teaspoons	one ¼-ounce packet
Granulated sugar	1 teaspoon	
Instant vanilla pudding mix	¼ cup	
Milk, warmed	1 cup	
Unsalted butter, melted	⅓ cup	
Greek yogurt	1 tablespoon	
Egg	1	
Salt	½ teaspoon	

Ingredient	Amount	Notes
All-purpose flour	3 to 3 ¼ cups	
Cinnamon Brown Sugar Filling:		
Salted butter, softened	5 tablespoons	
Brown sugar	⅔ cup	
Ground cinnamon	2 ½ teaspoons	
Blackberry Cream Cheese Frosting:		
Cream cheese	5 ounces	
Unsalted butter, softened	5 tablespoons	
Corn syrup	1 tablespoon	
Vanilla extract	2 teaspoons	
Salt	⅛ teaspoon	
Powdered sugar	2 cups	
Reserved blackberry filling	¼ cup	from the Blackberry Filling



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Instructions

Step 1: First, let's make the blackberry jam. Warm your berries in a pan until they get juicy. Mix the sugar and cornstarch, then stir it in. Cook until it thickens nicely. Let it cool in a wide bowl. (A wide bowl helps it cool faster, trust me!) Set aside a little jam for our special frosting later.

See also [Chocolate Olive Oil Noel Cake](#)

Step 2: Now, wake up the yeast. Mix it with warm water and a pinch of sugar. In a big bowl, whisk the pudding mix into warm milk. It will look lovely and creamy. Add the butter, yogurt, egg, and salt. Then pour in your foamy yeast.

Step 3: Time to make the dough! Add three cups of flour and mix with a dough hook. Knead for several minutes. The dough should be soft and a little sticky. Let it rise in a greased bowl, covered, until it's double in size. This takes about two hours. What's your favorite smell of baking? Share below!

Step 4: Punch the dough down gently. Roll it out on a floured counter into a big rectangle. Mix the soft butter, brown sugar, and cinnamon. Spread it all over the dough. Then, spoon your cooled blackberry jam on top. (Leaving a tiny border helps keep the filling inside when you roll it.)

Step 5: Roll the dough up tightly from the long side. Use dental floss to cut it into twelve rolls. Place them in your greased pan. Cover them and let them rise again until puffy. You can bake them now or let them rest in the fridge overnight.

Step 6: Bake your rolls at 350°F until they're golden. They will smell like a cozy hug. While they bake, make the frosting. Beat the cream cheese and butter until smooth. Add the powdered sugar, vanilla, and that reserved berry jam. Doesn't that color look amazing?

Step 7: Let the buns cool just slightly. Then spread that gorgeous pink frosting all over the top. Use the last bit of jam to make pretty swirls. Serve them warm. I still laugh at how quickly these disappear in my house!

Creative Twists

You can make this recipe your own. Try using raspberries or blueberries instead of blackberries. It's a fun change. For a citrusy zing, add a little orange zest to the dough. I love that bright flavor. On a chilly morning, add a pinch of nutmeg to the cinnamon sugar. It feels extra special. Which one would you try first? Comment below!

See also [Maple Balsamic Glazed Holiday Carrots](#)

Serving & Pairing Ideas

These buns are a treat all by themselves. For a real feast, add crispy bacon on the side. The salty taste is perfect. A simple bowl of fresh berries looks pretty on the plate too. To drink, a glass of cold milk is my favorite. For the grown-ups, a hot mug of spiced apple cider is wonderful. Which would you choose tonight?



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Keeping Your Buns Cozy for Later

Hello, my dear. Let's talk about keeping these buns happy. Once cool, store them in a sealed container. They will last two days on the counter. For longer, freeze them without frosting. Wrap each bun tightly in plastic wrap. Then place them all in a freezer bag.

To reheat, just warm a bun in the microwave for 20 seconds. I once frosted buns before freezing. It made a soggy mess when thawed. Now I frost them fresh every time. Batch cooking these is a wonderful gift to your future self. You can make the rolls up to the second rise. Then pop the whole pan in the fridge overnight.

This matters because a warm, homemade bun on a busy morning is pure joy. It turns a regular day into something special. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Common Snags

Even grandmas have kitchen troubles sometimes. Here are three common ones. First, if your dough won't rise, check your yeast. The water must be warm, not hot. Hot water will kill the little yeast. I remember when I used boiling water by mistake. My dough just sat there like a sad lump.

Second, a runny blackberry filling is messy. Make sure to cook it until it thickens. Let it cool completely before spreading. Third, rolls baking up hard? Your oven might run hot. Use an oven thermometer to check. Getting these right builds your cooking confidence. It also makes sure every bite is soft and flavorful. **Which of these problems have you run into before?**

Your Quick Questions, Answered

Q: Can I make these gluten-free?

A: Yes. Use a good gluten-free flour blend made for baking.

Q: How far ahead can I make them?

A: You can prepare the rolls the night before. Follow the “bake next day” instructions.

Q: I don't have vanilla pudding mix.

A: You can skip it. Just use the warm milk. The rolls will still be lovely.

Q: Can I double the recipe?

A: Absolutely. Make two separate batches of dough for best results.

Q: Is the Greek yogurt important?

A: It adds tenderness. But sour cream works just as well. *Fun fact: A little acid from yogurt makes baked goods extra soft.* **Which tip will you try first?**

See also [Peppermint Chocolate Cane Layer Cake](#)

From My Kitchen to Yours

I hope you enjoy making these swirly buns. The smell alone will fill your home with love. Cooking is about sharing stories and sweet treats. I would love to hear about your baking adventure.

Tell me all about it in the comments below. **Have you tried this**

recipe? I read every note you leave. Now, go create something wonderful.

Happy cooking!
—Elowen Thorn.



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Cooking Method: [Baking](#)



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Cuisine: [American](#)



Courses: [Breakfast](#) [Brunch](#) [Dessert](#)



Difficulty: **Beginner**



Winter Spiced Blackberry Swirl Buns | 20

Prep time: **45 minutes**



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Cook time: **30 minutes**



Rise time: **3 minutes**



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Total time: **4 minutes**



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Servings: **12 rolls**



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Calories:**415 kcal**

Best Season: **Summer**

Description

Sweet, spiced, and swirled with a vibrant blackberry filling, these buns

combine the comfort of cinnamon rolls with a fruity twist.

Ingredients

Blackberry Filling:

- ☐ 3 ½ cups blackberries (fresh or frozen)
- ☐ ½ cup granulated sugar
- ☐ 2 ½ tablespoons cornstarch
- ☐ ⅛ teaspoon salt

Dough:

- ☐ ¼ cup warm water
- ☐ 2 ¼ teaspoons active dry yeast (one ¼-ounce packet)
- ☐ 1 teaspoon granulated sugar
- ☐ ¼ cup instant vanilla pudding mix
- ☐ 1 cup milk, warmed
- ☐ ⅓ cup unsalted butter, melted
- ☐ 1 tablespoon Greek yogurt
- ☐ 1 egg
- ☐ ½ teaspoon salt
- ☐ 3 to 3 ¼ cups all-purpose flour

Cinnamon Brown Sugar Filling:

- ☐ 5 tablespoons salted butter, softened
- ☐ ⅔ cup brown sugar
- ☐ 2 ½ teaspoons ground cinnamon

Blackberry Cream Cheese Frosting:

- ☐ 5 ounces cream cheese
- ☐ 5 tablespoons unsalted butter, softened
- ☐ 1 tablespoon corn syrup
- ☐ 2 teaspoons vanilla extract
- ☐ $\frac{1}{8}$ teaspoon salt
- ☐ 2 cups powdered sugar
- ☐ $\frac{1}{4}$ cup reserved blackberry filling

Instructions

1. **Prepare the Blackberry Filling:** Place blackberries in a saucepan over medium heat. Cook for 3-4 minutes until softened. In a bowl, mix sugar, cornstarch, and salt. Add to saucepan and cook 4-5 minutes until thickened. Remove, cool completely, and reserve $\frac{1}{4}$ cup for frosting.
2. **Prepare the Dough:** Mix warm water, yeast, and sugar; set aside 5-10 minutes until foamy. In a mixer with whisk, combine pudding mix and warm milk until thickened. Add melted butter, yogurt, egg, and salt; mix. Switch to dough hook, add yeast mixture and 3 cups flour. Knead 6-7 minutes, adding flour if needed. Dough will be soft and slightly sticky.
3. Place dough in a greased bowl, cover, and let rise in a warm place until doubled, about 2 hours. Prepare a 9×13-inch baking dish with nonstick spray.
4. **Shape the Rolls:** Punch down dough. Roll on floured surface into an 18×12-inch rectangle. Mix softened butter, brown sugar, and cinnamon for cinnamon filling; spread over dough. Spoon blackberry filling evenly on top. Tightly roll from the long edge into a log. Slice into 12 rolls using floss or a scraper. Arrange in prepared dish and cover.

5. **Second Rise:** For immediate baking, let rise until doubled, about 1 hour. For overnight, refrigerate covered up to 20 hours, then let sit at room temp for ~1 hour until nearly doubled.
6. **Bake the Rolls:** Preheat oven to 350°F (177°C). Bake for 25-30 minutes until lightly golden. Cool slightly.
7. **Prepare the Frosting:** Beat cream cheese and butter for 1 minute. Add corn syrup, vanilla, salt, and powdered sugar; beat 2 minutes. Stir in 2 tbsp reserved blackberry filling. Spread over warm rolls. Use remaining filling to swirl on top. Serve immediately.

Notes

Nutrition calculated per roll is an estimate. For best results, ensure blackberry filling is completely cool before spreading on dough. Overnight refrigeration before baking allows for deeper flavor development.

Keywords: Blackberry, Cinnamon Rolls, Sweet Rolls, Cream Cheese Frosting