

Treasure Barrel

Cinnamon Sugar Soft Pretzels

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Pretzel Dough

- [ ] 3 cups all-purpose flour
- [ ] 1 packet (2 ¼ tsp) active dry yeast
- [ ] 1 cup warm water (105°F-110°F)
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp salt
- [ ] 2 tbsp unsalted butter, melted

Cinnamon Sugar Coating

- [ ] 1/4 cup unsalted butter, melted
- [ ] 1/2 cup granulated sugar
- [ ] 2 tsp ground cinnamon

Instructions

1. In a bowl, combine warm water, sugar, and yeast; let sit 5 minutes until foamy.
2. Add flour, salt, and melted butter to the yeast mixture; stir until a shaggy dough forms.
3. Knead on a lightly floured surface for 5-6 minutes until smooth and elastic.
4. Place dough in an oiled bowl, cover, and let rise 45 minutes, or until doubled in size.
5. Punch down dough, divide into 12 pieces, roll each into a rope, form a pretzel shape, brush with melted butter, and coat in cinnamon-sugar.
6. Bake on parchment at 425°F for 12-15 minutes, until golden; serve warm.

Nutrition per serving

280 kcal	7 g	45 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels dry, add a tablespoon of water at a time.
- For extra crispness, sprinkle a pinch of coarse sea salt before baking.
- You can freeze uncooked pretzels; bake directly from frozen, adding 2 minutes to baking time.