

Long Livo

Cinnamon Sugar Soft Pretzels

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

Ingredients

Dough

- [ ] 3 cups all-purpose flour
- [ ] 1 packet (2 1/4 tsp) active dry yeast
- [ ] 1 cup warm milk (110°F/43°C)
- [ ] 2 tbsp melted butter
- [ ] 1 tbsp sugar
- [ ] 1 tsp salt

Cinnamon Sugar Coating

- [ ] 1/2 cup granulated sugar
- [ ] 2 tbsp ground cinnamon
- [ ] 4 tbsp melted butter

Instructions

1. In a bowl, combine warm milk, sugar, and yeast; let sit 5 minutes until frothy.
2. Add flour, melted butter, and salt to the yeast mixture; knead 6-8 minutes until smooth.
3. Cover the dough and let rise in a warm spot for 45 minutes or until doubled.
4. Punch down the dough, divide into 8 pieces, roll each into a rope and form pretzel shapes.
5. Place pretzels on a parchment sheet, let rest 10 minutes.
6. Preheat oven to 375°F (190°C). Bake pretzels 12-14 minutes until lightly golden.
7. Immediately brush each hot pretzel with melted butter, then toss in the cinnamon-sugar mixture.

Nutrition per serving

210 kcal	5 g	32 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a softer interior, brush with butter twice – once before and once after baking.
- For extra gloss, sprinkle a tiny pinch of coarse sea salt before baking.
- These pretzels pair beautifully with a cup of coffee or hot cocoa.