

Helergon Kitchen

Cinnamon Sugar Soft Pretzels – Easy Sweet Breakfast

15 min Prep time	**20 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 2 1/4 tsp active dry yeast
- [ ] 1 cup warm milk (110°F)
- [ ] 2 tbsp sugar
- [ ] 3 cups all-purpose flour
- [ ] 1 tsp salt
- [ ] 4 tbsp unsalted butter, melted
- [ ] 1 large egg (for wash)

Cinnamon Sugar Coating

- [ ] 1/2 cup granulated sugar
- [ ] 2 tsp ground cinnamon
- [ ] 1 tbsp melted butter (optional for extra glaze)

Instructions

1. In a small bowl combine yeast, warm milk, and 1 tbsp sugar; let sit 5 minutes until frothy.
2. In a large mixing bowl whisk flour, remaining sugar, and salt. Add melted butter and the yeast mixture; stir until a shaggy dough forms.
3. Knead on a lightly floured surface for 6-8 minutes until smooth and elastic. Place in a greased bowl, cover, and let rise 1 hour or until doubled.
4. Punch down dough, divide into 12 pieces, roll each into a 6-inch rope, form a pretzel shape, and set on a parchment-lined sheet.
5. Mix the cinnamon and sugar; brush each pretzel with beaten egg, then roll in the cinnamon-sugar mixture.
6. Bake at 375°F for 12-15 minutes, until golden. Allow to cool slightly before serving warm.

Nutrition per serving

210 kcal	5 g	34 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, add a tablespoon of flour at a time.
- For extra shine, brush with melted butter right after baking.
- You can add a pinch of nutmeg to the cinnamon sugar for a deeper spice note.