

Homemade Soft Pretzels

Makes 12 Servings



For the Pretzels:

2 1/4 teaspoons yeast
1 1/2 cups warm water
1 teaspoon salt
1 tablespoon brown sugar
1 tablespoon melted unsalted butter
3 3/4 cups all-purpose flour

For the Egg Wash:

1 large egg lightly beaten
1 tablespoon milk

For Salted Pretzels:
coarse sea salt

For Cinnamon Sugar Pretzels:
1/4 cup sugar
1 teaspoon ground cinnamon

For the Pretzels:

In a bowl whisk yeast into warm water. Let sit for 1 minute.

Whisk in salt, brown sugar, and melted butter.

Slowly add 3 cups of all-purpose flour 1 cup at a time mixing with a wooden spoon until the dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. (If still sticky add 1/4-1/2 cup more, as needed.)

Turn the dough out on to a lightly floured surface and knead for 3 minutes. Shape into a ball.

Cover the dough with a tea towel and let rest for 10 minutes.

Line 2 baking sheets with parchment paper and spray with non-stick cooking spray. Set aside.

With a knife cut the dough into 12 equal portions.

Roll each portion of dough into a 20-inch-long rope. Form a circle with the dough by bringing the two ends together at the top of the circle. Twist the ends together. Bring the twisted ends back down towards yourself and press them down to form a pretzel shape.

For the Egg Wash:

In a small bowl whisk together egg and milk to make an egg wash.

Brush the top of the pretzels with the egg wash.

For Topping the Pretzels:

Sprinkle either coarse sea salt or cinnamon sugar over top.

Bake in a 400°F oven for 12-15 minutes or until golden brown.

Serve Warm

Nutrition Facts

Amount per Serving

Calories 25

Calories from Fat 4

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 18mg 6%

Sodium 203mg 8%

Total Carbohydrate 5g 1%

Dietary Fiber 0g 0%

Sugars 5g

Protein 1g

Vitamin A 1%

Vitamin C 3%

Calcium 0%

Iron 0%

Percent Daily Values are based on a 2,000 calorie diet.