

Zucchini Bread Recipes

Cinnamon Sugar Soft Pretzels

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 2 ¼ tsp active dry yeast
- [ ] 1 cup warm milk (110°F)
- [ ] ¼ cup sugar
- [ ] ¼ cup melted butter
- [ ] 1 tsp salt
- [ ] 1 large egg
- [ ] 3 ½ cups all-purpose flour

Cinnamon Sugar Coating

- [ ] ½ cup granulated sugar
- [ ] 2 tsp ground cinnamon
- [ ] 2 tbsp melted butter

Glaze (optional)

- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp milk

Instructions

1. In a small bowl, dissolve yeast in warm milk and let sit for 5 minutes until foamy.



2. In a large mixing bowl, combine sugar, melted butter, salt, egg, and the yeast mixture. Stir in flour gradually until a soft dough forms.



3. Knead on a lightly floured surface for about 6 minutes, or until smooth and elastic. Place dough in a greased bowl, cover, and let rise 45 minutes.



4 Punch down the dough, divide into 8 equal pieces, and roll each into a rope about 12 inches long. Twist into pretzel shapes and place on a parchment-lined baking sheet.



5 Brush each pretzel with melted butter, then sprinkle generously with the cinnamon-sugar mixture.



6 Bake at 375°F (190°C) for 12-15 minutes, until golden brown.



7 If using, drizzle a quick glaze made from powdered sugar and milk while still warm.



Nutrition per serving

220 kcal	5 g	36 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 flavor, try adding a pinch of nutmeg to the cinnamon sugar.
- Avoid over-baking; they should stay soft inside.