

Game Day Favorite: Cheesy Pretzel Bites Made from Scratch

There's something undeniably irresistible about warm, golden-brown



OVEN
425°F

TIME
2 min

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INGREDIENTS

For the Pretzel Bites:

- 1 1/2 cups lukewarm water
- 2 1/4 tsp instant yeast (one 1/4 oz packet)
- 2 tbsp melted butter
- 1 tbsp brown sugar
- 1 tsp salt
- 4 cups all-purpose flour
- 1/2 cup baking soda
- 1 egg, beaten
- 1/2 tbsp water (for egg wash)
- Coarse salt, for topping

For the Cheddar Cheese Sauce:

- 2 1/2 cups whole milk
- 1/2 cup salted butter
- 1/2 cup flour
- 2 cups mild cheddar cheese, grated
- 1/2 tsp each salt, pepper, ground mustard

Instructions:

1. Make the Pretzel Dough:
2. Shape and Boil the Bites:
3. Bake the Pretzel Bites:
4. Make the Cheese Sauce:

Tips for Success:

Boiling the bites in baking soda water is what gives them their iconic pretzel flavor and texture.

Don't skip the egg wash—it's key for a shiny, golden crust.

Use freshly grated cheese for the smoothest sauce (no pre-shredded cheese, if possible).

Want a spicy twist? Stir in some jalapeños or hot sauce to the cheese!

Serving Suggestions & Pairings:

Beer Cheese Dip for double-cheese action

Dorito Casserole for an indulgent dinner

Sheet Pan Quesadillas for a party-friendly spread

Cheesy Hot Dip for appetizer hour

Totchos for a next-level snack board

Storage & Reheating:

Store pretzels in an airtight container at room temp for 2 days or in the fridge for up to 4 days.

DIRECTIONS

1. **Make the Pretzel Dough:** In the bowl of a stand mixer, combine warm water and yeast. Let sit for 1-2 minutes. Whisk in butter, brown sugar, and salt. Using a dough hook on low speed, add in 3 cups of flour, $\frac{1}{2}$ cup at a time. Continue mixing and adding flour until the dough pulls from the sides and is no longer sticky.
2. **Pro Tip:** Add an extra $\frac{1}{2}$ cup of flour at a time if dough remains tacky. Dough should bounce back when poked.
3. Turn dough onto a floured surface. Knead for 2 minutes and form into a ball. Place in a greased bowl, cover, and let rest for 10 minutes.
4. **Shape and Boil the Bites:** Bring a large pot of water and baking soda to a boil. Cut the dough into 6 equal pieces, then roll each into 1-inch thick ropes. Slice each rope into $\frac{1}{2}$ -inch bites.
5. Preheat oven to 425°F (220°C). Line two baking sheets with parchment paper. Boil dough bites in batches for 20 seconds each. Remove with a slotted spoon and place on baking sheets.
6. Brush with egg wash (egg + water mixture), then sprinkle with coarse salt.
7. **Bake the Pretzel Bites:** Bake for 12-15 minutes or until pretzels are golden brown. Let cool slightly while you make the cheese sauce.
8. **Make the Cheese Sauce:** In a saucepan over medium-low heat, melt the butter. Whisk in flour to form a roux. Cook for 1-2 minutes to remove the raw taste. Slowly whisk in milk, increasing the heat to medium. Cook for 5-6 minutes until thickened. Add cheese, salt, pepper,

and mustard powder. Whisk until smooth and creamy.

9. Tips for Success: Boiling the bites in baking soda water is what gives them their iconic pretzel flavor and texture.
10. Don't skip the egg wash-it's key for a shiny, golden crust.
11. Use freshly grated cheese for the smoothest sauce (no pre-shredded cheese, if possible).
12. Want a spicy twist? Stir in some jalapeños or hot sauce to the cheese!
13. Serving Suggestions & Pairings: These pretzel bites are perfect for snacking or sharing. Pair them with:
14. Beer : Cheese Dip for double-cheese action
15. Dorito : Casserole for an indulgent dinner
16. Sheet : Pan Quesadillas for a party-friendly spread
17. Cheesy : Hot Dip for appetizer hour
18. Totchos for a next-level snack board
19. Storage & Reheating: Store pretzels in an airtight container at room temp for 2 days or in the fridge for up to 4 days.
20. Cheese sauce should be kept in the fridge and reheated gently on the stove with a splash of milk.
21. Final Thoughts: These Pretzel Bites with Cheddar Cheese Sauce are everything you want in a snack-warm, soft, salty, cheesy, and endlessly dippable. Perfect for parties, holidays, movie nights, or just because.
22. If you make them, tag @ChefManiac on Instagram or drop a comment below to let us know how they turned out!

TIPS FOR SUCCESS

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