

Cinnamon Sugar Pretzel Sticks: Sweet & Crunchy Snack

Get ready to fall in love with a snack that's utterly irresistible:



OVEN
350°F

TIME
15 min

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INGREDIENTS

- 1 bag (12 ounces) thick pretzel sticks
- 1/2 cup butter, melted and cooled slightly
- 1 egg white
- 1 teaspoon pure vanilla extract
- 1 cup granulated sugar
- 1 tablespoon ground cinnamon

Swaps and Notes:

Thick Pretzel Sticks: The thicker pretzel sticks (like Snyder's of Hanover Snaps or Rods) work best as they hold up to the coating and baking well. Thin pretzels might break.

Butter: Unsalted butter is preferred, as the pretzels are already salty. Ensure it's melted but then cooled slightly, so it doesn't cook the egg white when mixed.

Egg White: This is crucial for creating a sticky base that helps the sugar adhere. Don't omit it.

Vanilla Extract: Pure vanilla extract adds a lovely depth of flavor.

Cinnamon: Adjust the amount of ground cinnamon to your preference. For a stronger cinnamon flavor, you can add a bit more.

Sugar: Granulated sugar creates a nice crispy coating.

Optional Spices: A tiny pinch of nutmeg or allspice can add more warmth if you like.

DIRECTIONS

1. Let's get these sweet and crunchy : Cinnamon Sugar Pretzel Sticks baked!
2. **Preheat : Oven & Prep Sheet:** Preheat your oven to 350°F (175°C). Line a large baking sheet with parchment paper. This is essential to prevent sticking and for easy cleanup.
3. **Melt & : Cool Butter:** Melt the butter in a microwave-safe bowl on medium/low power until fully melted. Then, allow it to cool slightly (just a few minutes) before moving to the next step. This prevents the egg white from cooking prematurely.
4. **Prepare : Wet Coating:** Carefully separate the egg white from the yolk. Discard the yolk or save it for another use. In the bowl with the slightly cooled melted butter, whisk together the egg white and pure vanilla extract until well combined. Set this wet mixture aside.
5. **Prepare : Cinnamon Sugar:** In a separate medium bowl, mix together the granulated sugar and ground cinnamon until they are thoroughly combined. This is your delicious dry coating.
6. **Coat : Pretzels with Wet Mixture:** Grab a one-gallon zip-top bag (or a very large bowl with a lid). Place your thick pretzel sticks inside the bag. Pour the butter, egg white, and vanilla mixture over the pretzels. Seal the bag tightly (or secure the lid) and gently shake, tumble, and toss the pretzels until they are evenly coated with the wet mixture.
7. **Add : Cinnamon Sugar:** Open the bag and add the cinnamon sugar mixture into the bag with the wet-coated pretzels. Reseal the bag tightly and give it another gentle shake, tossing and tumbling the

pretzels until they are completely and evenly coated with the cinnamon sugar.

8. **Bake:** Spread the coated pretzels out in an even layer on your prepared baking sheet. Ensure there's no overlapping so they can crisp up properly. Bake for about 15 minutes, giving them a stir or a gentle toss halfway through to ensure even baking and browning.
9. **Cool & : Serve:** Once they're golden brown and wonderfully fragrant, remove them from the oven. Immediately stir the pretzels again while they're still warm to prevent them from sticking together as they cool. Let them cool completely on the baking sheet (or transfer to a wire rack) before serving. This allows the coating to set and become truly crispy.
10. For the ultimate treat, pair your delicious : Cinnamon Sugar Pretzel Sticks with a creamy dip like cream cheese frosting or rich caramel sauce. Enjoy!

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TIPS FOR SUCCESS

Cool the Butter: Don't add the egg white to hot butter, or it will scramble.

Let the melted butter cool slightly.

Shake Gently but Thoroughly: You want every pretzel stick coated without breaking them.

A gentle but persistent shake is key.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cinnamon-sugar-pretzel-sticks-sweet-crunchy-snack/>