

Spiced Pretzels

Author: Amber Gibson



Servings per recipe: 5.6
Serving Size: 25 g
Protein per serving: 0.2 g
Calories per serving: 127

Ingredients:

- 80 g Gluten-Free Pretzel Sticks, Broken in Half
- 1/2 c Sugar, White Granulated
- 1/4 c Water
- 1/4 tsp Vanilla Extract
- 1/4 tsp Cinnamon, ground

Instructions:

1. Add sugar and water to a medium skillet and place over medium heat. Stir with a wooden spoon until the sugar has completely dissolved. Bring to a simmer, then add the pretzels. Continue to stir while coming to a boil. Allow to cook, stirring constantly until the water evaporates and sugar begins to crystallize. It will take at least 5 to 10 minutes, so be patient and keep stirring.
2. Once sugar begins to crystallize, remove from heat and add the vanilla and cinnamon. Stir well and pour onto parchment paper and allow to cool completely. The pretzels will be crunchy once completely cool.