

## Cinnamon Bun Pretzel Mix

**Prep time:** 5 minutes  
minutes

**Total time:** 50

**Serving Size:** 8-10 servings

### Ingredients:

- 1/3 cup brown sugar
- ½ tsp cinnamon
- 1 egg white
- ½ cup dried cranberries
- 1/3 cup pecans OR 1/3 cup walnuts (both roughly chopped)
- 160g unsalted pretzel twists (Snyder's brand)



### Directions:

1. Preheat the oven to 275° and prepare a baking sheet (with sides; can line with parchment paper – optional; and spray with cooking spray to prevent sticking.)
2. Combine the brown sugar and ground cinnamon. Set aside.
3. Whisk egg whites in a large bowl. Then add dried cranberries and nuts; stir.
4. Add the mini pretzels to the mixture. Sprinkle with brown sugar mix and gently fold until combined. (Be careful not to crush the pretzels).
5. Spread the pretzels onto the prepared baking sheet. Bake for 45 minutes, stirring every 15 minutes. Watch carefully; oven temperatures can vary and burnt pretzels aren't very good.
6. Remove from the oven and stir to evenly distribute the berries and nuts. Spread in a single layer on parchment paper and let cool completely (They firm as they cool). Store in covered containers.

**\*\*Tip: Cranberries.** Cranberries contain a good source of vitamin C and fiber. They nearly out rank every fruit and vegetables in disease-fighting antioxidants. Fresh cranberries stored in a tightly sealed plastic bag can last up to 2 months in the fridge. Cooked cranberries last up to a month in a covered container in the fridge.

### Nutrition Facts (per serving):

Calories: 117

Fat: 3g

Cholesterol: 0mg

Sodium: 19mg

Carbohydrate 22gs:

Fiber: 2g

Sugar: 16g

Protein: 1g

Attributed to [www.food.com](http://www.food.com); Modified by Emily Madden; 2013 Dietetic Student

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