Soft Pretzels

Makes 12 servings | Serving size: 1 pretzel

Ingredients Needed:

- 1 package active dry yeast (2 ¼ tsp.)
- 1 ½ cups warm water
- 1 teaspoon salt
- 1 Tablespoon sugar
- 3 cups white flour
- 1 cup whole grain flour
- Vegetable oil or spray
- 1 egg, beaten
- Coarse salt (optional)

Directions:

1. Preheat oven to 425°F.
2. In a mixing bowl, add yeast to warm water.
3. Mix salt, sugar, and both flours into yeast and water until dough is formed.
4. Roll dough into a circle.
5. Cut dough into 12 portions with a pizza cutter or sharp knife. If children are helping you prepare the pretzels, give each child a ball of dough to roll and twist into any shape. Alphabet letter shapes are fun to make.


7. Brush or spoon beaten egg on pretzels.

8. Sprinkle with coarse salt, if desired.


Variations:

Dough can be sprinkled with Parmesan cheese, sesame seeds, poppy seeds, garlic, grill seasoning, etc. Table salt may be substituted for coarse salt (sprinkle lightly). To lower sodium, omit salt.