



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.
6. Lay pretzel dough on a lightly greased cookie sheet.
7. Brush or spoon beaten egg on pretzels.
8. Sprinkle with coarse salt, if desired.
9. Bake at 425°F for 12-15 minutes.

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.