



Breadmaking With a Twist!

Pretzel Shapes

Makes

12 servings

Ingredients:

- 1 package yeast (2¼ teaspoons)
- ½ cup warm water (105 to 115 degrees)
- 1 teaspoon honey
- 1½ cups flour
- 1 teaspoon salt

Directions:

1. Preheat oven to 425 degrees.
2. In a small bowl, dissolve yeast in warm water, add honey and let set for a few minutes.
3. In a large mixing bowl, measure flour and salt.



4. Add yeast mixture to flour mixture and stir until ingredients are combined. Dough will be crumbly and flaky.
5. Knead dough on counter top or dough board until it forms a smooth ball. Add a little flour if dough is sticky.
6. Divide dough into 12 pieces about the size of a walnut. Roll each ball into a snake and then make a pretzel, letter or fun shape.
7. Place pretzels on a baking sheet lightly coated with cooking spray. Bake for 10-12 minutes or until golden brown.

Nutrition Facts:

One pretzel provides 50 Calories, 0 Calories from Fat, 0 g Total Fat, 0 g Saturated Fat, 0 g Trans Fat, 190 mg Sodium, 11 g Total Carbohydrates, 1 g Dietary Fiber, 2 g Protein, 0% Calcium, 4% Iron

Kids-a-Cookin' Recipe

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