



January 8- Pretzel Shapes

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pretzel-shapes>

Recipe

Ingredients:

- 1 package dry yeast
- ½ cup warm water
- 1 teaspoon honey
- 1 ⅓ cup flour
- 1 teaspoon salt

Directions:

1. Preheat oven to 425°F.
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 it forms a smooth ball. Add a little more flour if the dough is sticky.
5. Knead dough on countertop or dough board until it forms a smooth ball. Add a little flour if the dough is sticky.
6. Divide dough into 12 pieces about the size of a walnut. Roll each ball into a snake and then twist to make a pretzel, letter or other fun shape.
7. Place pretzels on a baking sheet lightly coated with cooking spray. Bake for 10 to 12 minutes until golden brown.

Yield 12 servings

Nutrition Facts	
Serving Size 1 pretzel (14.97g)	
Servings Per Container 12	
Amount Per Serving	
Calories 50	Calories from Fat 0
%	
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	6%
Sugars <1g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	