



November 19- Soft Pretzels

Not Smart Snack

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

Recipe

Ingredients:

- 1 package yeast
- 2 cups all-purpose flour
- 1 ½ cup whole wheat flour
- 1 egg
- 1 Tablespoon sugar
- 2 Tablespoons sesame seeds

Directions:

1. Preheat oven to 425°F. Lightly grease 2 baking sheets.
2. In large bowl, sprinkle yeast over warm water (if water is too hot, it will kill the yeast).
3. Stir until well blended.
4. Combine white and wheat flour in a separate bowl. Stir in sugar, ½ teaspoon salt and 2½ to 3 cups flour to make a soft, sticky dough.
5. Turn dough onto well-floured surface.
6. To knead, fold dough in half and push dough flat with heels of hands. Turn dough ¼ turn.
7. Repeat for 5 to 7 minutes. If needed, add more flour until dough is smooth and elastic.
8. Dough should not stick to hands or counter. Cut dough into 12 even pieces.
9. To Form Pretzels: Roll one piece of dough into 15 inch long rope. Cross left side over middle, creating loop. Fold right side of rope up and over first loop to form pretzel shape.
3. To bake: Place pretzels 3 inch apart on baking sheet. Enlarge holes in pretzels by inserting finger into holes. This will prevent them from closing during baking.

Nutrition Facts	
Serving Size 1 pretzel (40.93g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 5g	10%
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	



4. In small bowl, mix egg and 1 Tablespoon water together. Brush on pretzels. Sprinkle with sesame seeds.
5. Bake for 15 to 20 minutes or until golden brown. Best if eaten warm

Yields 12 servings