

# Pretzel Shapes


Breadmaking with a twist!



Level: Medium

Serves 12

## Kids' Tool Kit

Mixing bowls,  
small and large   
Measuring cups  
Measuring spoons  
Baking sheet  
Wooden spoon  
Scissors  
Thermometer  
Knife

## Chef's Choice

Pretzel Shapes  
Apple slices  
Milk

## Nutrition Facts

Serving Size 1 pretzel (16g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 50	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber less than 1 gram	2%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Ingredients:

- 1 package yeast (2 1/4 teaspoons)
- 1/2 cup warm water (105-115 degrees)
- 1 teaspoon honey
- 1 1/3 cups flour
- 1 teaspoon salt



## Directions:

**Remember to wash your hands!**

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 countertop 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 other fun shape.
7. Place pretzels on a baking sheet lightly coated with cooking spray. Bake for 10 to 12 minutes or until golden brown.



**Helpful Hints:** Although bread is really easy to make, here are tips that will assure success.

**Tip #1** Be sure your water is just warm, not hot. If you want to use your thermometer, you can, water should be no hotter than 115 degrees. If the water is too hot, it will kill the yeast. So just a nice, warm water temp works best.

**Tip #2** Add flour a little at a time, if needed, to keep dough from sticking.



**Safety Tip:** Before you begin, make sure your countertop is clean. A good way to do this is to sanitize the counter by mixing 2 teaspoons bleach in a quart of water. You can put this mixture in a spray bottle for easy cleaning. Be sure to use a paper towel or clean dishcloth to clean before and after working with food.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).