

## Pretzel Shapes

*Breadmaking with a twist!*

12 servings

### 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:

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, 0g total fat, 0mg cholesterol, 190mg sodium, 11g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

**Chef's Choice**  
Pretzel Shapes  
Apple Slices  
Milk

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