

Pretzel Shapes

Rating: ★★★★★

Makes: 12 servings

Ingredients

2 1/4 teaspoons dry yeast

1/2 cup water (warm)

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 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.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	50	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	190 mg	8%