P is for Pretzel

Kids love making and eating these delicious snacks that are a good source of protein, fiber, and iron.

Serves 10



Nutrition Facts

Serving Size 1 pretzel

Amount Per Serving			
Calories 25	0 Calo	ories from	n Fat 15
% Daily Value*			
Total Fat 1.8		2 %	
Saturated		0%	
Trans Fat 0g			
Cholesterol 20mg 7%			7%
Sodium 230mg			10%
Total Carbohydrate 50g			17%
Dietary Fiber 6g			24 %
Sugars 2g			
Protein 9g			
Vitamin A 2%	6 • '	Vitamin C	0%
Calcium 0%	•	lron 15%	
*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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g 24 • Prote	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Ingredients

- 1 ¹/₂ cups lukewarm water
- 2 ¼ teaspoons active dry yeast
- ¾ teaspoon salt
- 1 tablespoon sugar
- 1 ¹/₂ cups all-purpose flour
- 2 ¹/₂ cups whole wheat flour
- 1 large egg
- Sea salt for sprinkling
- Parchment paper

Directions

- 1. Preheat oven to 400 degrees. Line baking sheets with parchment paper.
- 2. Dissolve yeast into warm water. Let sit for one minute, and then stir with a spoon for 10 seconds. Add salt and sugar; stir until combined. Slowly add flour while stirring constantly until dough is thick. Continue to add all of the flour until dough is no longer sticky.
- Place the dough on a floured surface and knead for about 5 minutes, shaping into a ball. Cut ball of dough into approximately ¹/₃ cup pieces.
- 4. Roll each dough piece into a rope with an even diameter, about 1 inch thick. Shape into a pretzel shape, letters, or any shape that sounds fun!
- 5. In a bowl, mix the egg well. Lightly brush egg mixture onto each pretzel. Place on baking sheet and sprinkle with sea salt.
- 6. Bake for 10 minutes at 400 degrees. Turn the oven to broil on low setting for 2-3 minutes to brown the tops. Watch closely to avoid burning the pretzels.
- 7. Cool for 5 minutes, and enjoy!

