

*Cooking with Dry Heat (continued)*

## Freshly Baked Soft Pretzels

**Yield:** 12 pretzels

- Vegetable oil spray
- 1 pkg. Quick-rise active dry yeast
- 1½ cups Warm water\*
- 4 cups All-purpose flour
- 1 Tbsp. Sugar
- ¾ tsp. Salt
- 1 Egg, beaten
- Coarse salt (optional)

Nutrition Facts	
Serving Size (77g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

1. Preheat oven to 425°F.
2. Lightly spray a baking sheet with vegetable oil.
3. Dissolve yeast in warm water in a large mixing bowl.
4. Add flour, sugar, and salt; mix until dough is formed. Add a small amount of flour if dough is too sticky; add a small amount of water if dough is too crumbly or dry.
5. Divide dough into 12 equal pieces.
6. Roll each piece into a rope; roll and twist the rope pieces into desired shapes, such as pretzels, alphabet letters, etc.
7. Place pretzels on prepared baking sheet.
8. Brush with beaten egg. Sprinkle with coarse salt.
9. Bake for 12 to 15 minutes, or until golden brown.

\* If the water is too hot, it will kill the yeast. You can use a thermometer to test the water temperature; it should not be higher than 115°F or lower than 85°F.

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