P is for Pretzel

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

Serves 10

Ingredients

- 1 ½ cups lukewarm water
- 2 ¼ teaspoons active dry yeast
- ¾ teaspoon salt
- 1 tablespoon sugar
- 1 ½ cups all-purpose flour
- 2 ½ 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.
3. Place the dough on a floured surface and knead for about 5 minutes, shaping into a ball. Cut ball of dough into approximately ⅓ 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!

Nutrition Facts

Serving Size 1 pretzel
Servings Per Recipe 10

Amount Per Serving

Calories 250	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 230mg	**10%**
Total Carbohydrate 50g	**17%**
Dietary Fiber 6g	**24%**
Sugars 2g	
Protein 9g	

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 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	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

Please note: nutritional values are approximate.

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