



Instructions for Baking Pretzels

Materials needed: large bowl, a smaller bowl, a cutting board, mixing spoon, knife, brush, ½ teaspoon, 1 cup, cookie sheet, parchment paper

Ingredients needed: flour (ideally whole wheat), sugar, table salt, large grain salt, package of active dry yeast, water

Preheat oven to 425 degrees and wash your hands

1. Pour 1 cup of warm water into the small bowl.
2. Measure ½ teaspoon of sugar and pour into the warm water.
3. Pour 1 packet of yeast into warm water and stir. Move bowl to the side.
4. Grab a large bowl and measure ½ teaspoon of salt.
5. Measure two cups of flour and level with a knife before pouring into the bowl. Stir.
6. Add the small bowl of sugar, yeast, and water into the flour, sugar, and salt mixture. Stir. Break up the lumps and stir until smooth and fairly firm.
7. Thoroughly flour dough, cutting board, and hands to keep dough from sticking.
8. Punch dough down and push forward. Fold the side closest to you up and over to the far end. Turn 90 degrees and repeat. Knead until the dough is well incorporated. (Avoid over kneading) Feel free to add more flour if it's too sticky.
9. Divide the dough into equal parts so everyone can fold a pretzel.
10. Roll dough into long snakes. Start from the middle and roll out.
11. Take the first piece of dough and form it into a U. Grab the tops of the U and twist. Take the twisted tops and pull down placing at the bottom of your pretzel. Also feel free to get creative and make your own shapes!
12. Place your pretzels on a cookie sheet lined with parchment paper.
13. Brush pretzels with water and sprinkle with coarse salt. Salt is optional.
14. Bake pretzels in the oven for 12-15 minutes or until firm/golden brown. Older ovens may take up to 20 minutes.
15. While waiting for pretzels to cook, everyone helps clean up.
16. Take pretzels out and let cool.
17. ENJOY! It's extra tasty with a little bit of honey drizzled on top!