

Making it delicious

Soft Pretzels



Ingredients

- 1 cup plain Greek yogurt
- 2 cups flour*
- 1 Tbsp. baking powder*
- ½ tsp. salt*

Egg Wash:

- 1 egg yolk
- 1 Tablespoon water

- Additional salt for sprinkling on top

*If you have self-rising flour, you can omit the baking powder and salt.



Recipe adapted from: stonyfield.com "Baked Sea Salt Pretzels"

Instructions

- Preheat oven (or toaster oven) to 400°F .
- In a bowl or large measuring cup, mix the flour, baking powder and salt.
- In a large bowl, add the yogurt and 1 ½ cups of the flour mixture, and mix until it comes together to form a ball. You may need to use your hands to form the dough into a ball. If the dough is too sticky, add more of the flour mixture. Knead the dough until it forms a smooth ball.
- Slice the dough into 4 equal pieces and roll them into long ropes the thickness of your thumb.
- To make pretzel shapes: take a rope and hold the ends. Make a U-shape. Cross and twist the dough ends, then attach the tails to the bottom of U-shape, forming a pretzel.
- Transfer the pretzels to a parchment paper-lined baking sheet.
- Make the egg wash:
- Separate the egg yolk from the white, and drop the yolk into a small bowl.
- Mix the yolk with 1 Tbsp. of water.
- Brush the pretzels with the egg wash, then sprinkle them with salt.
- Bake until browned, about 8-10 minutes.

SERVINGS: 4 | PREP TIME: 20 MIN