

## Pretzels

1 Tbsp.	Yeast	1 1/3 cup	Flour
1/2 Cup	Warm Water	1 tsp.	Salt
1 tsp.	Honey	Vegetable oil cooking spray	

- 1) Preheat the oven to 325 degrees.
- 2) Test your yeast by putting it in a measuring cup with the honey and the water. Stir. Part of the yeast will melt; part will stay in a lump. That's okay. Let the yeast sit for 5 minutes. It will be kind of bubbly and bigger than it was when you started. (If it isn't, your yeast has flunked the test and you need to start over the fresh yeast.)
- 3) While the yeast is testing, measure flour into a medium-sized bowl. Add the salt.
- 4) Add the yeast mixture to the flour mixture and stir it together. Start this with a spoon and finish it with your fingers.
- 5) While the dough is still flaky and crumbly put it on a cutting board that has a little flour sprinkled on it. Knead the dough, just like you would work with play-dough, until it forms a smooth ball.
- 6) Take a piece of dough about the size of a walnut and use your hands to roll it into a snake.
- 7) Shape the snake into a pretzel and put it on a cookie sheet sprayed with vegetable oil cooking spray. Keep doing this until you have used all the dough. You should have 12 pretzels.
- 8) Bake the pretzels for 10 minutes.

Recipes taken from *The Healthy Start Kids' Cookbook* by Sandra K. Nissenberg, M.S., R.D.