

# Soft Pretzels

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## Ingredients:

- ½ c. warm water (100 to 110 degrees)
- 1 package (1/4 ounce) active dry yeast
- 1 c. warm nonfat milk (100 to 110 degrees)
- 2 Tbsp. canola or sunflower oil
- 2 Tbsp. sugar
- 1 ½ tsp. salt
- 4 to 4 ½ c. all-purpose flour (can substitute half whole-wheat flour)
- 1 egg, lightly beaten with 1 Tbsp. water

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SERVICE

## Directions:

Place warm water in large, warm bowl. Sprinkle in yeast and stir until dissolved. Add milk, oil, sugar, salt and 1 1/2 cups flour; blend well. Mix in additional flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about five minutes. Place dough in greased bowl, turning the dough to grease top. Cover and let it rise until double in size, about 30 minutes. Punch dough down and divide into 24 pieces. Roll each piece into a 16-inch rope. To make pretzels, curve ends of each rope to make circle; cross ends at top. Twist ends once and lay down over bottom of circle. Place pretzels on greased baking sheets. Cover; let rest in warm, draft-free place for five to 10 minutes until risen slightly. Preheat oven to 350 F. Brush pretzels with beaten egg mixture and sprinkle with selected topping. Bake at 350 F for 35 minutes or until golden. Cool on wire rack.

*Makes 4 servings. Per serving: 160 calories, 5 grams (g) of fat, 11 g of protein, 2 g of fiber, 15 g of carbohydrate, and 330 mg of sodium.*

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