

Soft Pretzels

Serves 6-8



VEGETARIAN



DAIRY FREE

Ingredients

- 16 ounces refrigerated whole wheat pizza dough
- ¼ cup baking soda
- 1 teaspoon coarse salt
- Optional: 1 egg

Directions

1. Unwrap dough, place on a lightly floured surface, and let sit out at room temperature for 20 minutes.
2. Preheat oven to 425°F. Line a baking sheet with parchment paper.
3. Divide dough into 6-8 equal pieces. Roll the dough into a long strand about ½ inch thick. Form a U, then cross the two ends over each other and twist, then push the ends down into the top of the U to form a pretzel shape. You can also create other shapes, such as a straight stick (or add a twist) or a nugget. Repeat until all dough is used.
4. Bring 8 cups of water to a simmer over medium-high heat. Add ¼ cup baking soda.
5. Using a slotted spoon, lower a few pretzels into the simmering baking soda bath. Only add enough to form a single layer in the pot. Simmer for 1 minute, using the spoon to flip them if they float to the top. Remove from bath and drain, then place onto the prepared baking sheet. Sprinkle with kosher salt.
6. Repeat with all pretzels. Sprinkle with kosher salt before they drain or brush with water, then sprinkle with salt. The other option is to whisk 1 egg with 1 tablespoon of water and brush on top of pretzels, then sprinkle with salt, which will make them shiny and brown a little darker.
7. Bake about 20-30 minutes or until well browned on top.



Notes

This recipe can be made vegan if you omit the egg.

Topping ideas: Sesame seeds, poppy seeds, “everything bagel” mix

Storage: Soft pretzels only last a day or so. Store at room temperature in a paper bag. Reheat for a few minutes in the oven or about 15-20 seconds in the microwave.

Recipe from [Healthier Holiday Treats cooking class, Fall 2018](#)