

## Nutrition Education

Below is an easy recipe for homemade pretzels. Making pretzels is a great activity for adults and children to do together.

### Easy Homemade Pretzels

2 (16-oz.) loaves frozen whole wheat bread dough	ruler
1 egg white	baking sheet
1 tsp. water	small bowl
kosher salt (optional)	whisk
nonstick spray	pastry brush
shallow roasting pan	

- ◆ Thaw bread dough and divide dough into about 24 pieces
- ◆ Roll each ball into rope, about 12 inches long (measure with ruler)
- ◆ Shape dough into letters, shapes, or traditional pretzels
- ◆ Spray baking sheet with nonstick spray
- ◆ Place pretzel pieces on baking sheet and let stand for 20 minutes while preheating oven to 350 degrees
- ◆ Combine egg white and water in small bowl and whisk together
- ◆ Using pastry brush, coat pretzels with egg white mixture and sprinkle pretzels with kosher salt, if desired
- ◆ Place baking tray on middle rack in oven
- ◆ Fill roasting pan with 1 inch of water and place on bottom shelf in oven; this steams the pretzels
- ◆ Cook for 20 minutes or until pretzels are golden brown
- ◆ Discard water

