

# AT HOME RESOURCES



## Homemade Pretzels

This low-key activity promotes creativity and encourages fun! This activity requires adult assistance/supervision.

### Space:

Table or counter top

### Equipment and Ingredients:

1 cup flour  
2 tsp baking powder  
½ tsp table salt  
1 cup 0% fat plain Greek yogurt  
1 egg white  
2 tbsp butter  
¼ cup coarse salt  
Parchment paper  
Baking sheet  
Large mixing bowl and small bowl  
Baking brush

### Instructions:

1. Preheat oven to 325 degrees.
2. Prepare your dough – in a large mixing bowl combine 1 cup of flour with 2 teaspoons of baking powder and ½ teaspoon of regular table salt. Next add a cup of 0% fat plain Greek yogurt and mix well until you get a thick dough, and form a ball shape.
3. Lightly flour and form into pretzels – lightly dust a wooden surface, cutting board or countertop with extra flour. Press the ball into a circular shape and then divide the dough into 4 even portions. Roll each piece of dough into a long thin sausage shape about 18 inches long. Twist the dough into a pretzel shape and place it on a lined baking tray. Repeat until each dough portion is made into a pretzel shape.
4. Prepare your egg white - If you have an egg, separate the yolk from the egg white and pour into a small bowl. If you just have egg whites, pour into a small bowl.
5. Brush and bake – Lightly brush the tops of each pretzel with your egg white. Sprinkle the tops with coarse salt. Bake the pretzels at 325 degrees for 20 minutes until golden around the edges.
6. Melt butter – melt 2 tablespoons of butter in microwave and lightly brush top of pretzels, add more coarse salt if needed.



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