

## Gluten-Free Lenten Pretzel Recipe

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### **Ingredients for the Dough:**

3 ½ cups gluten-free flour  
*(I used the Italian brand: Schär)*  
2 teaspoons instant yeast  
1 ¼ teaspoons salt  
1 teaspoon xanthan gum  
½ teaspoon baking powder  
3 tablespoons brown sugar  
1 ¼ cups warm water  
1 large egg  
2 tablespoons soft butter

### **For the Water Bath and Topping**

3 ½ liters (15 cups) of water  
¼ cup of baking soda  
2 tablespoons white sugar  
Melted butter  
Sea salt  
Cinnamon-Sugar

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### Instructions:

1. Pre-heat the oven to 220° C or 425° F
2. In a bowl, stir together the flour, sugar, yeast, salt, baking powder, and xanthan gum.
3. Add the water, egg, and butter to the mix and knead into a firm dough using a mixer. This takes about 4 minutes. If the dough is too dry, you can add a few tablespoons of water.
4. Put the dough into a greased bowl and cover it.
5. Leave the dough to rise in a warm place until it almost doubles (45-90 minutes).
6. Put the dough onto a lightly floured surface and cut it into 10 pieces.
7. Roll each piece into a long rope, then fold each rope into a pretzel shape.
8. Line a baking sheet with baking parchment.
9. Bring the water for the water bath to a boil.
10. Stir in the sugar and the baking soda.
11. Drop the pretzels into the boiling water, one at a time, and boil them for about 5 seconds. They will sink and then float to the surface.
12. Put the pretzels on the baking sheet.
13. Brush the pretzels with the melted butter and top them with either cinnamon-sugar or sea salt. We chose to make 6 sweet and 4 savory pretzels.
14. Bake the gluten-free soft pretzels for 10-20 minutes. Watch them closely, some ovens may bake faster than others requiring a longer or shorter baking time.
  - a. If pretzels get too dark too quickly, cover them with aluminum foil or reduce the oven temperature.
15. Pretzels can be stored in an airtight container for up to 4 days. They taste best if you warm them in the oven before eating them. They can be frozen if you want to keep them longer.