

Pretzels

Ingredients

1 ½ cups warm water
2 ¼ tsp yeast, equivalent to one pa
1 tsp salt
1 Tbsp honey
3 cups Crushed Wheat #1
½ cup Crushed Wheat #2
¼ cup Crushed Wheat #3
¼ cup Crushed Flax



For pretzel topping:

1 egg
Topping – salt, cinnamon, sugar, etc

Directions

Mix yeast and warm water, then stir in honey and salt. Add Crushed Wheat #1, Crushed Wheat #2, Crushed Wheat #3, and Crushed Flax. Mix together until good consistency. Knead for 3 minutes. Divide into approximately 10 sections. Roll each section into a long rope. Then cross them to look like a pretzel, or however you want your pretzels to look!

In separate bowl, beat the egg. Coat each pretzel with egg, front and back. Place on a pan with foil and nonstick spray on foil. Then add toppings. Bake at 425 °F for 8-10 minutes. Then turn the oven to broil and bake additional 3-5 minutes. Let cool and enjoy.

His Saving Grains

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