



Whole Wheat Soft Pretzels

4 Steps to Food Safety



Clean



Separate



Cook



Chill

Ingredients:

- 1 envelope (or 2¼ teaspoons) quick rise yeast
- 2 cups all-purpose flour
- 2 cups whole wheat flour or white whole wheat flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 ½ cups warm water
- 1 Tablespoon vegetable oil

Directions:

1. Wash hands with soap and water.
2. Mix yeast, all-purpose flour, whole wheat flour, salt and sugar in a large bowl.
3. Stir in warm water and oil to make a soft dough.
4. Knead on floured surface until dough is smooth and elastic. Form into pretzels or any other shape.*
5. Bake on a greased cookie sheet in a 425°F oven for 12 to 15 minutes. Makes 12 pretzels.

Nutrition Information for 1 pretzel: Calories 150, Total Fat 1.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 190mg, Total Carbohydrates 30g, Fiber 3g, Total Sugars 0g, includes 0g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 0%, Iron 10%, Potassium %

**For more healthy tips and recipes, go to:
Food.unl.edu**

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