

Twists and Shout

What You'll Need

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| 1 1/2 cups warm water | 2 1/4 cups all-purpose flour |
| 5 cups warm water | 2 ounces soft margarine, melted |
| 1 tablespoon sugar | cooking spray |
| 2 teaspoons salt | 1/4 cup baking soda |
| 1 package active dry yeast | pretzel salt (or large coarse salt) |
| 2 1/4 cups whole wheat flour | 1/2 cup additional flour to put on surface for kneading |

Serves 12

Let's Cook!

- 1 Combine 1 1/2 cups warm water, yeast, sugar, salt in a bowl, and allow it to sit for 5 minutes.
- 2 Add flour and butter to yeast mixture and mix together until well combined. Form dough into a ball and place on a flat, clean surface that has been sprinkled with 1/2 cup of all-purpose flour.
- 3 Knead dough for 3 minutes. Spray dough ball with cooking spray.
- 4 Place dough back in bowl and cover with plastic wrap. Let it sit to rise in a warm place for 50-55 minutes.
- 5 Preheat oven to 450 degrees.
- 6 Clean a flat surface and spray with cooking spray. Place dough on surface and divide into 12 pieces. Roll each piece into a long rope and make into a pretzel shape: hold both ends of the rope to form a U shape and place it on the surface. Cross the ends of the dough and press to the bottom of the U.
- 7 Fill a large bowl with 5 cups of very warm water and stir in baking soda. Dip each pretzel into the water and then place on baking sheet coated with cooking spray. Sprinkle pretzels with coarse salt.
- 8 Bake until dark golden brown in color, approximately 12 to 14 minutes.

Nutrition Facts

Serving Size (120g)	
Servings Per Container 12	
Amount Per Serving	
Calories 310	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 63g	21%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 11g	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 20%