

Soft Pretzels—Makes 24 Pretzels

Did you know? You can often substitute whole wheat flour for part of the recipe's all purpose flour without changing the final product.

1 packet dry yeast
1 ½ cups warm water
1 teaspoon salt
1 tablespoon sugar
1 cup whole wheat flour
3 cups all purpose flour
1 ½ tablespoons sesame seeds (optional)
cooking spray
1 egg, beaten
coarse or kosher salt

Preheat oven to 425 degrees. In a large metal bowl, dissolve yeast in warm water. Add salt and sugar. Add flour and knead until smooth. Break dough into small pieces. Roll each piece into thin ropes about 6 inches long. Twist into pretzel shapes or shapes of your own. Spray cookie sheet with cooking sprat. Place pretzels onto cookie sheet. Brush with beaten egg and sprinkle generously with coarse or kosher salt. Bake for 15 minutes or until light golden brown on top.