



SOFT PRETZEL HEARTS

Ingredients

- 2¼ Teaspoons
Active Dry Yeast
- 2 Tablespoons
Granulated Sugar
- 1 Teaspoon Salt
- 1½ Cups Warm Water
- 4 Cups Flour

Directions

1. Dissolve yeast, sugar and salt in warm water. Stir in flour.
2. Knead until smooth and elastic, then place dough in a well oiled bowl and turn to coat. Cover and let rise for one hour.
3. Preheat oven to 425°F.
4. Turn dough onto floured surface. Pat down and roll into 12 “snakes” and then form the dough into a heart shape, pinching the ends together so that they stay in place.
5. Place pieces on a greased cookie sheet. Bake for 7-8 minutes until golden brown.

Note: use 2 cups of 100% whole wheat flour and 2 cups of enriched wheat flour and these pretzels can meet the CACFP requirement for a whole grain-rich food each day!

Toddler & Preschool = ¼ pretzel; School-Age = ½ pretzel as grain/bread at snack.