



MUSTARD PRETZELS

August 5

National Mustard Day

INGREDIENTS

- 10 Ounces Mini Twist Pretzels (about 1¼" by 1½", enriched or whole grain-rich)
- 3 Tablespoons Mustard
- 1 Tablespoon Honey
- ½ Tablespoon Cider Vinegar
- ¼ Teaspoon Dry Mustard

DIRECTIONS

1. Preheat the oven to 375° F. Grease a rimmed baking sheet.
2. Mix all ingredients together in a large bowl.
3. Transfer to the baking pan and bake for 8 minutes.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

10 Ounces
(About 6 Cups)

PORTION SIZES

Toddler	Preschool	School Age	Adult
7 Pretzels (About ⅓ Cup)	7 Pretzels (About ⅓ Cup)	14 Pretzels (About ⅔ Cup)	14 Pretzels (About ⅔ Cup)