



SNACK SUGGESTIONS: Prayer Pretzels

WHAT YOU NEED:

Cookie sheet, following ingredients

- 4 1/2 cups all-purpose flour Need 4 to 4 1/2 cups
- 2 tbsp sugar
- 1 packet Fleischmann's RapidRise Yeast this is equal to 2 1/4 tsp
- 1 1/2 tsp salt
- 1 cup milk
- 1/2 cup water
- 2 tbsp corn or canola oil
- 2 eggs lightly beaten
- coarse salt

Instructions

1. Combine 2 cups flour, the sugar, undissolved yeast, and salt in a large bowl.
2. Heat milk, water, and oil until very warm, approximately 120° to 130°F. Stir warm liquids into flour mixture. Stir in enough of the remaining flour to make soft dough. Knead on floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest on floured surface 10 minutes.
3. Divide into 10 equal sized pieces. Roll each piece to 20-inch rope. Cover and let rest for 5 to 10 minutes until risen slightly. To shape into pretzels: Curve ends of each rope to make a circle; cross ends at top. Twist ends once and lay over bottom of circle. Place on 2 greased baking sheets.
4. Brush with beaten eggs then bake at 350°F for 15 minutes. Remove from oven; brush again with eggs. Sprinkle with salt, cheese, poppy seed, or sesame seed.
5. Return to oven and bake for 15 minutes or until done. Remove pretzels from baking sheets; let cool on wire racks.

Recipe from Fleischmann's **Nutrition** Calories: 323kcal | Carbohydrates: 47g | Protein: 13g | Fat: 9g | Saturated Fat: 2g | Cholesterol: 183mg | Sodium: 430mg | Potassium: 159mg | Fiber: 2g | Sugar: 4g | Vitamin A: 300IU | Calcium: 63mg | Iron: 3.5mg



What You Say:

“When we talk to God, it’s called prayer. These pretzels look like prayer hands folded. In fact, legend has it that the **pretzel** was invented by an Italian monk in the year 610 A.D. To reward young children for learning their **prayers**, he supposedly folded strips of bread dough to resemble the crossed arms of praying children. We know that we don’t have to fold our hands to talk to God, We can talk to him anytime, anywhere, about anything. And the awesome thing about God is that He never clocks out. He doesn’t sleep or take a vacation. That means that **[Bottom Line] you can PRAY anytime, anywhere, about anything.** There isn’t anything you can’t tell Him, any time you can’t reach Him, or any place He won’t hear you. God is always ready to hear from us when we when talk to Him.”