

Lenten Soft Pretzel Recipe

Did you know that the pretzel is a traditional food for lent? In fact, the pretzel was actually invented in order to be a simple Lenten snack! Enjoy this simple soft pretzel recipe during Lent.

Cook Time

15 mins

Course: Snack Cuisine: American Keyword: Lenten recipes, pretzels Author: Lacy

Ingredients

- 1 package yeast .25 oz
- 1 1/2 cups warm water
- 1 tablespoon sugar
- 1 teaspoon salt
- 4 cups flour
- 1 egg
- extra salt for the top of the pretzels large kosher salt works best!

Instructions

1. Preheat your oven to 425°F
2. Mix yeast, water, sugar, and salt in a large bowl.
3. Stir in the flour, and knead until the dough is smooth.
4. Shape into the form of arms crossed in prayer and place it on a baking sheet.
5. Brush the dough with a beaten egg to give it a shiny finish. (This is optional. I skipped the egg on mine.) Sprinkle the top with salt.
6. Bake at 425°F for 15 minutes.

Notes

The yield on this recipe depends on how large or small you make your pretzels. However, I would suggest making 5 - 6 pretzels with this recipe.