



Long Livo

Homemade Pretzels – Easy Snack Recipe

15 min

Prep time

6

Servings

12 min

Cook time

Medium

Difficulty

27 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 4 cups all-purpose flour
- ☐ 1 cup warm water (110°F)
- ☐ 2 tsp active dry yeast
- ☐ 1 tsp sugar
- ☐ 1 tsp salt
- ☐ 1 tbsp melted butter
- ☐ 4 cups water
- ☐ 1/2 cup baking soda
- ☐ Coarse sea salt for topping

Instructions

- 1 In a bowl combine warm water, sugar, and yeast; let it sit until frothy, about 5 minutes.
- 2 Stir in flour, salt, and melted butter; knead on a lightly floured surface until smooth, roughly 8 minutes.
- 3 Place dough in a greased bowl, cover, and let rise in a warm spot until doubled, about 45 minutes.
- 4 Preheat oven to 425°F (220°C). While it warms, bring 4 cups water and baking soda to a gentle boil.
- 5 Divide dough, roll each piece into a rope, form pretzel shape, drop briefly into the boiling soda water (30 seconds), then return to a baking sheet, sprinkle salt, and bake 12-15 minutes until golden.

Nutrition per serving

210 kcal

Calories

6 g

Protein

38 g

Carbs

5 g

Fat

Tips & notes

- If the dough feels sticky, add a tablespoon of flour at a time.
- For a richer flavor, substitute half the water with milk.
- Experiment with cinnamon sugar topping for a sweet twist.