



# PRETZELS

PRETZELS YOUR PUPS WILL LOVE!

## INGREDIENTS

- 1 ½ cups room temp. water
- 3 ¾ - 4 cups (460-500g) barley or chick pea flour, plus more for work surface
- 3 tablespoons baking powder
- 1 teaspoon salt
- 1 tablespoon honey
- 1 egg
- 1 tablespoon olive oil

## DIRECTIONS

1. Whisk baking powder into warm water. Allow to sit for 1 minute, then whisk in salt, honey, and olive oil. Slowly add flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add ¾ cup more flour until the dough is no longer sticky. If it is still sticky, add ¼ - ½ cup more, as needed. Poke the dough with your finger - if it bounces back, it is ready to knead.
2. Place dough on floured surface. Knead the dough for 3 minutes and shape into a ball. Cover lightly with a towel and allow to rest for 5 minutes.
3. Preheat oven to 400°F (204°C) and prepare two baking sheets with parchment paper or silicone baking mats.
4. With a sharp knife or pizza cutter, cut dough into 1/3 cup sections.
5. Roll dough into a 16-18 inch rope. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself to create pretzel shape.
6. Beat egg in small bowl to create egg wash.
7. Place pretzels on prepared pan and brush ...
8. Bake for 12-15 minutes or until golden brown.

*Bone Appetit!*