

# Amazing Soft Pretzels

I HAVE ALWAYS LOVED SOFT PRETZELS. BUT I ASSUMED THAT MAKING THEM FROM SCRATCH WOULD BE WAY TOO HARD - BUT THEY ARE NOT! IN FACT, THEY ARE FAIRLY SIMPLE AND BETTER THAN ANY STORE BOUGHT YOU CAN FIND!!

You are going to find a hand full of recipes in this cookbook where I prefer to use white flour - and this is one of them! To really make these soft pretzels shine, we use organic white flour and they turn out simply incredible. You can use whole grain flour using the same recipe, but it's not quite the same. I like using whole grain spelt for the cinnamon sugar ones since it already has that darker molasses taste to it. But no matter what flour you use, this recipe turns out amazing. Make sure to check out the cheese sauce recipe too for dipping the pretzels 😊

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**PREP TIME | 30 MIN + 40**  
RISING TIME



**COOK TIME | 12 MIN**



**YIELDS | 8-10 PRETZELS**





## > INGREDIENTS

1 ½ cups hot water  
2 ¼ tsp of yeast (or 1 packet)  
2 TBSP sugar  
1 tsp salt  
2 TBSP butter, melted  
4 cups flour  
¾ cup baking soda  
1 egg  
Coarse sea salt for sprinkling

## > OTHER VARIATIONS

**Cinnamon Sugar:** When making the dough, make it 4 TBSP of sugar instead of 2. And then mix together sugar (or sucanat) and some cinnamon. Instead of the egg wash, brush butter on it before baking & top with cinnamon sugar.

**Garlic Parmesan:** Add 2 tsp garlic powder and 1/3 cup grated parmesan to the dough in step 2 along with the salt. Brush with butter before baking and sprinkle some more parmesan or cheddar over the pretzels.

## > DIRECTIONS

**1 |** In the bowl of a stand mixer, combine water, yeast, and sugar. Mix together with the dough hook and let stand for about 5 minutes until the yeast is bubbling. Then add in salt, butter, and 2 cups of flour and mix. As it's mixing, add in your remaining 2 cups of flour and let it mix/knead for 3-4 minutes.

**2 |** On a lightly floured counter, place your dough and knead for another minute until smooth. Transfer to a bowl and let it rise for 40-60 minutes or until double in size.

**3 |** Preheat your oven to 450. Bring roughly 8-10 cups of water to boil in a large saucepan while you proceed to the next step.

**4 |** Divide dough into 8-10 pieces. Roll each piece into a rope about 20 inches long. Make a large U shape with the dough and cross the two ends over each other. Then twist those ends one more time and bring them down to form a pretzel shape (scan the QR code to see this in action).

**5 |** Once your water is boiling, add in baking soda to the water. Drop each pretzel into the boiling water for 30 seconds. Place on a cookie sheet and brush with an egg wash (beat 1 egg + 1 TBSP water together). Sprinkle salt on top and then bake all pretzels for 10-12 minutes or until golden brown.



# WANT TO LEARN MORE?

MY BRAND NEW COOKBOOK HAS RECIPES LIKE THIS AND SO MUCH MORE!

I am so excited to finally have THE cookbook that I wish I had 13 years ago. I had no idea how to cook when I first got married but now the kitchen has really become the heart of our home. With 7 young kids, I need delicious but nourishing meals for my family that don't take a thousand years to prepare. That's why I rely on basic ingredients and simple recipes that my family LOVES! This recipe here is just a very small sample of what you'll get in the cookbook!



*Jami Balfet*

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