

Pretzel Recipe: (This recipe can also be made without any ingredients from animals: just omit the eggs.)

1 tablespoon honey or sugar
1 package of yeast (2 ¼ tsp)
1 ½ cups lukewarm water
1 tsp salt
4 cups flour
1 egg white (or water to make salt stick)
Course salt

Add honey or sugar to water; sprinkle in the yeast and stir until dissolved. Add salt, blend in the flour and knead until smooth. Place in bowl and let dough rise to twice its size. Then roll pieces of dough into long thin ropes and twist into pretzels. Place on greased cookie sheet. Brush with beaten egg white (or water) and sprinkle with coarse salt.

Bake at 435 for 12 – 15 minutes until pretzels are light brown.