

Holy Trinity Pretzels

These yummy pretzels are easy to make and only take about half hour to complete.



1 Tbsp instant yeast
1 ½ cups warm water
1 Tbsp honey
1 Tbsp salt

4 cups flour
(all purpose, or wheat, or bread flour)
1 egg
Salt for sprinkling on top

In a mixing bowl, combine yeast, water, honey, and salt.

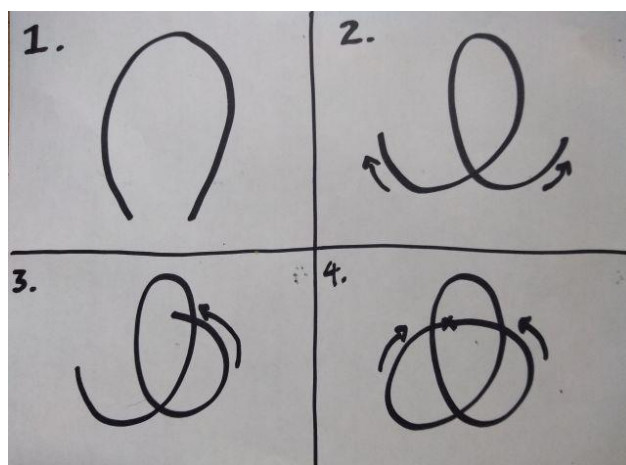
Stir in flour and mix until dough comes away from the sides of the bowl. It should be smooth to the touch. It might be a little sticky, but not once you start rolling it out.

Turn your oven to 425°F to preheat.

Sprinkle a little bit of flour on a cutting board or clean, flat table surface.

Cut or pull off pieces of the dough and roll them into long ropes (like playdough).

Shape the ropes into Holy Trinity shapes, like this:
and pinch the dough together where it meets
inside the first loop.



In a small bowl, mix the egg with a Tbsp of water.

Brush the egg mixture over the shaped pretzels.

Sprinkle with some salt, and bake for 15 minutes.

Cool for a few minutes before taking a bite!

If there are any leftovers, store them in an airtight (sealed) container, or freeze them; then reheat them in the oven for a few minutes before eating.