

Pretzel Valentine

EASY TO MAKE and perfect for snack time, these pretzels can be shaped into hearts for Valentine's Day.

What You'll Need:

- 1 package yeast
- 1 $\frac{1}{2}$ cups lukewarm water
- $\frac{3}{4}$ teaspoon salt
- 1 $\frac{1}{2}$ teaspoons sugar
- 4 cups flour
- 1 egg, cracked into a bowl and beaten with a fork
- coarse salt (kosher salt works well)

What to Do:

1. Preheat the oven to 425°F.
2. In a large bowl, dissolve the yeast in the water.
3. Add salt and sugar, then mix in flour.
4. With clean hands, knead until you have a soft, smooth dough. Note: Do not let the dough rise.
5. Ask an adult to cut the dough into small pieces (walnut to egg size).

6. Roll the dough into ropes and form into hearts, or any shape you like!
7. Place the pretzels on a greased, foil-covered cookie sheet an inch and a half apart, then brush with the beaten egg.
8. Bake for 25 minutes. Sprinkle with coarse salt and enjoy.



Art by Annika Nelson