



Pretzels are thought to have been made first by Catholic monks. They were made with flour, water, and a little salt and became a favourite food during the season of Lent.

The traditional shape represents **the Triune God** - Father, Son and Holy Spirit. Some say the pretzel's shape represents how people prayed at that time - with their arms crossed over their chests.

The name pretzel comes from the Italian word *Pretiola* or "little reward." They were given to children who memorised their prayers. "Prayer Pretzels" make a perfect gift to remind the people you include in your prayers of God's love for them, and yours, too!

If you would like to try making pretzels with your family then watch this video. Don't forget to ask permission from an adult before trying it at home, since it requires adult supervision.

<https://www.youtube.com/watch?v=WMx9ynviC3o>

HOMEMADE SOFT PRETZELS

Servings: 8

INGREDIENTS

1½ cups warm water

1 tablespoon salt

1 tablespoon sugar

1 packet dry active yeast

4½ cups flour

3 tablespoons oil, divided

⅔ cup baking soda

2 eggs, beaten

Coarse salt

PREPARATION

1. Preheat oven to 450°F (230°C).
2. In a bowl, mix water, salt, and sugar until combined. Add yeast, and let rest 5 minutes until yeast starts to foam.
3. Add flour and 2 tablespoons of oil, and mix thoroughly until a dough forms. Remove the dough and use the remaining oil to cover the bowl.
4. Cover bowl with plastic wrap, and leave in a warm place for 1 hour.
5. Cut dough into 8 pieces and roll them out into thin ropes, twisting the two ends to form a pretzel shape.
6. Add baking soda to a large pot of water, and bring to a gentle boil.
7. Boil each pretzel for 30 seconds per side.
8. Transfer pretzels to a baking sheet, brush with egg wash, and sprinkle with salt. Bake for 10-15 minutes, until golden brown.