



## Pretzel Twist

### Ingredients

- 1 (.25 ounce) package active dry yeast
- 2 tablespoons brown sugar
- 1 1/8 teaspoons salt
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 4 cups all-purpose flour
  
- 2 cups warm water (110 degrees F/45 degrees C)
- 2 tablespoons baking soda

Servings: 24

### Instructions

1. Add yeast, brown sugar and salt in 1 1/2 cups warm water. Once dissolved stir in flour
2. Other than letting it rise this is the longest part...kneading. I don't flour the surface, I just throw it on the counter and go to town for 8-10 minutes until it is smooth
3. Put the dough in a greased bowl, cover, and leave to rise for one hour.
4. Once the dough has risen mix 2 cups warm water and baking soda in dish
5. Cut into 24 pieces. Roll each piece into a rope that about a foot and a half
6. Twist and dip into the baking soda solution. Put on baking sheets, and let rise another 20 minutes.
7. Preheat your oven to 450 degrees
8. Bake for 8 to 10 minutes, or until golden brown. Brush with melted butter and sprinkle with coarse salt

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