

# Homemade Pretzels

## Ingredients:

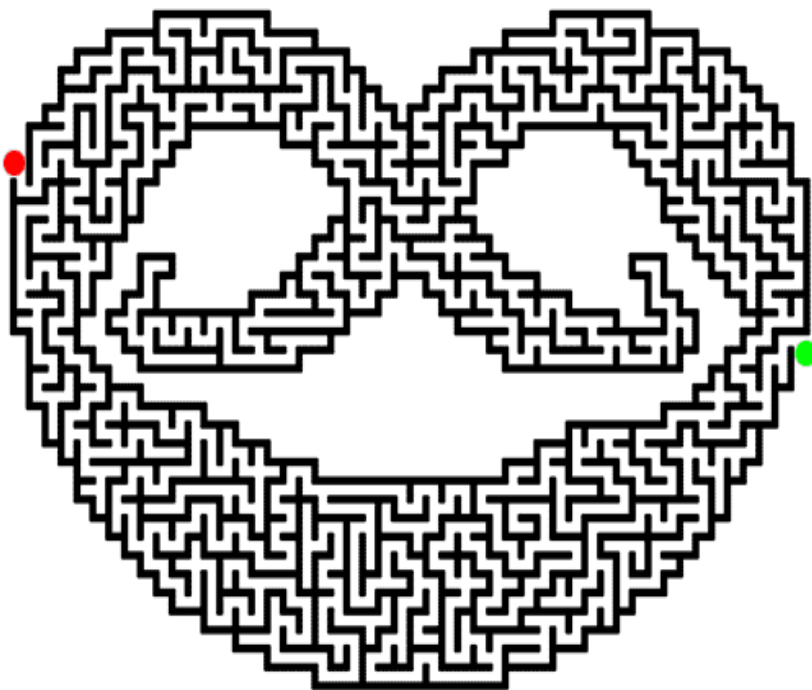
- 1 Package of yeast
- 1 1/2 Cups warm water
- 1 Teaspoon salt
- 1 Tablespoon sugar
- 4 cups flour
- 1 egg, beaten
- Sea salt



## Directions:

- Preheat oven to 350°F
- Measure warm water into a large bowl and sprinkle in the yeast. Stir until soft.
- Add salt, sugar, and flour.
- Mix all together and knead the dough with your hands.
- Roll and twist dough into desired pretzel shapes.
- Place on a greased cookie sheet.
- Brushed with beaten egg.
- Sprinkle with sea salt.
- Bake 12-15 minutes until golden brown

Can you find your way through the pretzel?  
Start at the green dot and end at the red dot.



## Arrange Your Snack!

Kids are always looking for snacks. Instead of sugary sweets or chips, make it easier for them to have a healthy snack time. The key is to make healthful snacks in your house visible, convenient and effortless.

- Keep fresh fruit on the counter where kids can see it.
- Wash and cut up vegetables ahead of time, so they're ready to eat.
- Store them in see-through containers or clear plastic bags so kids can see what's inside.
- Put nutrient-rich foods where they can be easily reached, like on lower shelves in the refrigerator, pantry or cabinet.
- Keep cookies and chips in cabinets on higher shelves where they will be less convenient to reach and out of sight.

A little kitchen "arranging" will encourage kids to eat a nutritious snack — and they'll think it was their idea.

*Produced by ADA's Public Relations Team*

