

Homemade Pretzels

Ingredients:

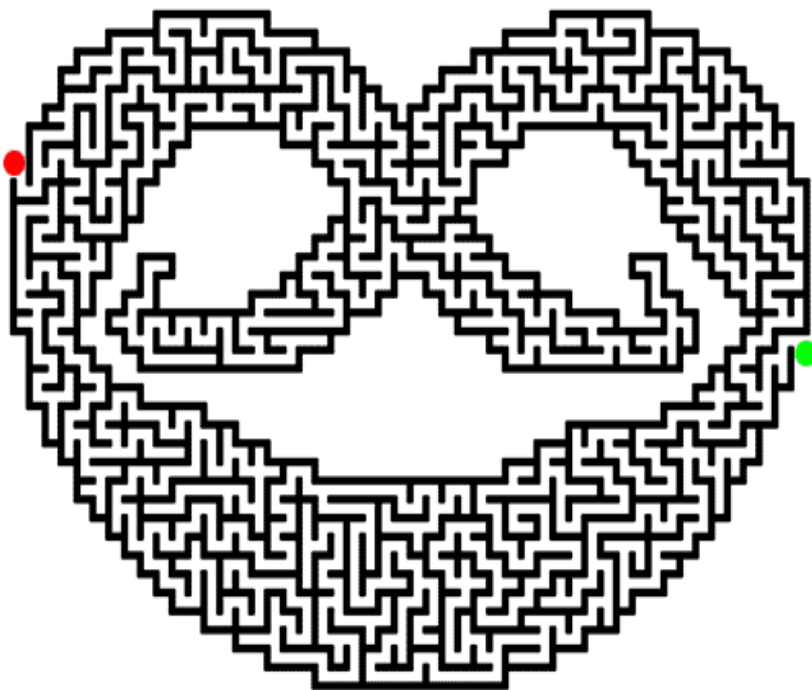
- 1 Package of yeast
- 1 1/2 Cups warm water
- 1 Teaspoon salt
- 1 Tablespoon sugar
- 4 cups flour
- 1 egg, beaten
- Sea salt



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

