

Choco Fever Dream

Homemade Pretzels – Easy Snack Recipe

15 min Prep time	**12 min** Cook time	**27 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 cups all-purpose flour
- [ ] 1 cup warm water (110°F)
- [ ] 2 tsp active dry yeast
- [ ] 1 tsp sugar
- [ ] 1 tsp salt
- [ ] 1 tbsp melted butter
- [ ] 4 cups water
- [ ] 1/2 cup baking soda
- [ ] Coarse sea salt for topping

Instructions

1. In a bowl combine warm water, sugar, and yeast; let it sit until frothy, about 5 minutes.
2. Stir in flour, salt, and melted butter; knead on a lightly floured surface until smooth, roughly 8 minutes.
3. Place dough in a greased bowl, cover, and let rise in a warm spot until doubled, about 45 minutes.
4. Preheat oven to 425°F (220°C). While it warms, bring 4 cups water and baking soda to a gentle boil.
5. Divide dough, roll each piece into a rope, form pretzel shape, drop briefly into the boiling soda water (30 seconds), then return to a baking sheet, sprinkle salt, and bake 12-15 minutes until golden.

Nutrition per serving

210 kcal	6 g	38 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels sticky, add a tablespoon of flour at a time.
- For a richer flavor, substitute half the water with milk.
- Experiment with cinnamon sugar topping for a sweet twist.