



GBS HEALTH & WELLNESS

Whole Wheat Pretzel

Adapted from aredspatula.com | Yields 12 Pretzels



About this Recipe

As we make way for autumn, September marks the beginning of the traditional German holiday, Oktoberfest. Of the many savory foods that are served, none is more versatile than the pretzel. Whether celebrating Oktoberfest with new friends or old, these are bound to bring people together and foster a sense of camaraderie and community.

Regular consumption of whole wheat can help reduce various health risks from cardiovascular disease to cancer. ¹

INGREDIENTS

Dough

- > 1 ²/₃ c. water
- > 1 tsp sugar
- > 2 tsp salt
- > 2 ¹/₄ tsp instant yeast (one packet)
- > 2 c. whole wheat flour (may substitute kamut flour, rye or a mix)
- > 2 c. all-purpose flour
- > 1 Tbsp softened butter

Baking Soda Water

- > 10 c. water
- > ¹/₂ c. baking soda

Finishing

- > 1 egg
- > 2 Tbsp milk
- > Coarse or flake salt

DIRECTIONS

1. Add all dough ingredients together and knead for several minutes until you can poke it and it'll return to its original shape.
2. Move to a bowl and cover until dough has risen to about double the original size (45 min - 2 hours depending on heat and humidity).
3. Remove dough from bowl and divide into 12 equal portions.
4. Start boiling your water for your baking soda water.
5. Roll each portion of dough into a 24-inch rope and form into a pretzel shape.
6. Repeat until 12 pretzels are formed.
7. Preheat oven to 395. Add baking soda to boiling water.
8. Line two baking sheets with parchment paper.
9. While oven is preheating, prepare finishing agents by mixing the egg and milk together.
10. Add pretzel dough to boiling water and boil for 30 seconds, then flip and boil for another 30 seconds.
11. Remove from water and place on lined baking sheets, several inches apart.
12. Brush pretzels with egg wash and sprinkle with salt.
13. Bake for 10-15 minutes until golden brown.
14. Remove from oven and let cool to an edible temperature.

Resource

1. [Harvard School of Public Health](#)

