

Lenten Pretzels Baking Project: Upper Elementary+

Pretzels are a traditional food for Lent, the season before Easter. One reason is that pretzels are shaped like two arms crossed in prayer. (Early Christians often crossed their arms over their chests when they prayed.) Make a class project of baking pretzels by following this simple recipe. They can then be taken home or shared with the school:

1 package of yeast	1 tablespoon sugar
1½ cups of very warm water	4 cups flour
2 teaspoons salt	1 egg (beaten)

Dissolve the yeast in the warm water. Put the dissolved yeast in a mixing bowl. Add the salt and sugar, then slowly blend in the flour to make dough. Knead the dough until it is smooth. Split the dough into small pieces, and roll these pieces into ropes. Twist the ropes into pretzel shapes and place them on lightly greased cookie sheets. Brush the pretzels with beaten egg and sprinkle with salt. (Coarse salt works the best if available, but table salt works, too.) Bake immediately in a 425° oven for 12-15 minutes.