



Soft Pretzels

1 tablespoon dry yeast
1 ½ cups warm water
1 tablespoon sugar
1 teaspoon salt
4 cups flour
1 tablespoon soy flour
1 egg, beaten
Salt to taste

Line baking sheets with baking parchment or non-recycled brown paper; grease top only of brown paper (or use greased baking sheets). Dissolve yeast in warm water in bowl. Add sugar, 1 teaspoon salt and flour; mix well. Knead until smooth. Divide into 24 portions; roll into ropes. Twist into pretzel shapes; place on prepared baking sheets. Brush with egg; sprinkle with salt to taste. Bake at 425°F for 12 to 15 minutes or until light brown. Serve warm.

Yield: Approx. 24 servings.