

FUN & HEALTHY RECIPES

For Kids



High Five!

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 **Albertsons®**

WHOLE WHEAT PRETZEL BITES

(WITH SWEET & SAVORY TOPPINGS & DIP OPTIONS)

A healthful rendition of the favorite food court option in malls across the country, children get to knead their pretzel dough, roll it into a 14-inch rope and then cut it into 1-inch pieces. They watch the pretzel bites rise to the top when they are briefly boiled in a baking soda bath, and after baking for 12 minutes, they can top their pretzel bites with a sweet or savory topping.

Ingredients

PRETZELS

- 3/4 cup warm water (warm to the touch)
- 1 packet rapid rise yeast (2 1/4 teaspoons)
- 1/2 tsp salt
- 1 1/2 tsp Signature Kitchens granulated sugar
- 1 1/4 cups Signature Kitchens whole wheat flour
- 3/4 cup Signature Kitchens unbleached white flour

Ingredients

OPTIONAL TOPPINGS

- ##### SWEET: Cinnamon Pretzel Topping
- 2 Tbsp melted Lucerne whipped butter
 - 2 tsp Signature Kitchens granulated sugar
 - 1/2 tsp Signature Kitchens ground cinnamon
- ##### Cream cheese icing for dipping:
- 1/3 cup light Lucerne cream cheese
 - 1 Tbsp Lucerne whipped butter OR light margarine
 - 3/4 cup Signature Kitchens powdered sugar
 - 1/4 tsp Signature Kitchens vanilla extract
- ##### SAVORY: Garlic Pretzel Topping
- 1 Tbsp 0 Organics extra virgin olive oil
 - 1/2 - 1 tsp 0 Organics garlic powder (to desired taste)
 - Freshly ground salt to taste (optional)
 - 1/4 cup bottled pizza sauce (marinara sauce can be substituted)

Nutritional Information: (without toppings): Servings Per Recipe: 4 Serving Size: 14 pretzel bites each
Calories 225, Total Fat 1.3 g, Saturated Fat .2 g, Polyunsaturated Fat .5 g (Omega-3s 0 g), Monounsaturated Fat .2 g, Cholesterol 0 mg, Sodium 293 mg, Potassium 180 mg, Total Carbohydrate 47 g, Dietary Fiber 5.2 g, Sugars 1.8 g, Protein 8 g, Vitamin D 0 IU, Calcium 17 mg, Iron 2.5 mg

DIRECTIONS:

- 1 Arrange the oven rack about 7 inches from the top oven heat source and preheat oven to 425°. Line a large baking sheet with parchment paper. Set aside.
- 2 With your children helping, pour warm water into a large bowl. Sprinkle the yeast over the water and stir with a spoon for about a minute or until blended. Stir in salt and sugar then slowly add the flour, half a cup at a time. The parent should keep mixing with a spoon until dough is thick and no longer sticky. Your child can poke the dough with their finger and if it mostly bounces back, it is ready to knead.
- 3 Divide the dough into 4 pieces and each child can knead their pretzel dough ball for about 3 minutes on a clean flat surface (add white flour if needed). Each child can now roll their dough ball into a 14-inch long rope. Using a plastic knife, have them cut their rope into 1-inch pieces (each child should have 14 pretzel pieces).
- 4 In a medium saucepan, the parent should bring 5 cups of water mixed with 1/4 cup baking soda to a boil. Place 14 pretzel pieces at a time into the boiling water. When the pretzel bites float to the top (about 20 seconds), the parent can remove them with a large slotted spoon and place the pieces onto the prepared baking sheet. Repeat with the rest of the pretzel bites.
- 5 Bake for 8 minutes then turn the oven to broil and broil about 3-4 minutes to brown the tops (watch closely to avoid burning). Let the pretzel bites cool for a few minutes while you prepare the sweet or savory topping options.
- 6 If you are making the garlic pretzel topping, brush the olive oil over the top and sides of the pretzel bites using a silicon brush or similar. Using the sprinkle option on the garlic powder, lightly sprinkle garlic powder over the top and follow with freshly ground salt to taste if desired. Serve the pretzel bites with pizza sauce!
- 7 If you are making the cinnamon pretzel topping, brush melted whipped butter over the top and sides of the pretzel bites using a silicon brush or similar. In a small bowl blend sugar with cinnamon then sprinkle the mixture evenly over the tops of the pretzel bites. In small mixer bowl, blend the cream cheese icing ingredients and beat on low until smooth. Serve with the pretzel bites!



Suggested Cooking

Method: oven

Prep Time: 23 minutes

Total Time: 35 minutes

Suggested

Categorization: snack

Servings: 4 servings

(14 pretzel bites per serving)

Nutritional Information (with savory topping and pizza sauce): Servings Per Recipe: 4 Serving Size: 14 pretzel bites each
Calories 264, Total Fat 5 g, Saturated Fat .8 g, Polyunsaturated Fat .9 g (Omega-3s .1 g), Monounsaturated Fat 2.8 g, Cholesterol 0 mg, Sodium 348 mg, Potassium 236 mg, Total Carbohydrate 48.5 g, Dietary Fiber 5.5 g, Sugars 2.4 g, Protein 8.5 g, Vitamin D 0 IU, Calcium 26 mg, Iron 2.6 mg