

The pretzel was actually invented in order to be a simple Lenten snack! When early Christians would pray, they would cross their arms and touch each shoulder with the opposite hand. They also fasted very strictly during lent, making their bread with only water, flour, and salt. A monk shaped this in the form of praying arms for children, and the pretzel was born!



Lenten Pretzel Recipe Ingredients:

1 package yeast (.25 oz)

1 1/2 cups warm water

1 tablespoon sugar

1 teaspoon salt

4 cups flour

1 egg

Large salt for the tops!

Mix your yeast, water, sugar, and salt in a large bowl. Stir in the flour, and knead until the dough is smooth. Shape into the form of arms crossed in prayer and place it on a baking sheet.

Brush the dough with a beaten egg to give it a shiny finish. Sprinkle the top with salt, and bake in an oven preheated to 425 degrees for 15 minutes.