**Soft Pizza Pretzels**

**Ingredients**

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| --- | --- |
| 10 mL quick yeast | grated cheese |
| 200 mL WARM water | Pizza Sauce (see below) |
| 2 mL salt | parchment paper |
| 10 mL sugar |  |
| 250 mL flour |  |
| + 125 mL additional flour |  |

**Directions**

1. Preheat oven to 425\*F.
2. Place parchment paper on cookie sheet.
3. Measure warm water into a large glass mixing bowl.
4. Sprinkle in yeast, sugar, and salt. Stir with a fork.
5. Add 125 mL flour and mix thoroughly with a fork.
6. Add another 125 mL flour to make a soft dough. Use your hands to mix the ball of dough and pick up all of the loose flour at the bottom of the bowl.
7. Lightly flour a CLEAN wooden cart with the remaining 125 mL flour. Knead the dough until it is smooth. (Do not mix in TOO MUCH flour or else the dough will become hard and tough!)
8. Divide dough into 3 or 4 equal parts (depending on the # of group members). Each student will roll out their own piece of dough into the shape of a heart pretzel.
9. Lay pretzels on cookie sheet and brush with pizza sauce. Sprinkle the grated cheese on top.
10. Bake at 425\*F for 12-15 minutes.

**Pizza Sauce**

|  |  |
| --- | --- |
| 50 mL tomato sauce | 2 mL oregano |
| 1 mL salt | 1 mL garlic powder |
| 5 mL canola oil | 2 drops sriracha sauce |

**Equipment Needed:**

Cookie sheet Measuring spoons (1, 2, 5 mL)

2 liquid measuring cups Dry measuring cups

Large glass bowl Pastry brush

Custard cups (for collecting supplies) Parchment paper

Fork (for stirring dough) Small glass bowl

 --> (for tomato sauce)