



# Baking Kit Instructions

**YOU'LL NEED:** water • flour (for dusting) • nonstick cooking spray  
4 tbsp. butter (optional) • quart bowl • pizza cutter  
your favorite dipping sauce (optional)

## MIX

In a large bowl, dissolve contents of 1 yeast packet in 1.5 cups lukewarm water. The water needs to be warm enough to activate the yeast (approx. 103°). Whisk together and let sit for 2 minutes.

(Elect. Mixer use Dough Hook)

Add 1 dough mix packet to yeast/water mixture. Using a rubber spatula (or your hands), mix until dough ball forms. (Low Speed Elect. Mixer)

Place dough ball onto lightly floured surface and knead until soft, slightly tacky dough is formed (approximately 5-7 minutes). Spray top of dough with nonstick spray and knead into the dough.

(4-6 Minutes with Elect. Mixer until soft and tacky)

Place dough ball into a greased bowl. Spray dough with nonstick spray and completely cover with plastic wrap to prevent dough from drying out.

Place in a warm spot for 30-40 minutes so dough can rise.

## ROLL

Preheat oven to 400 degrees.

Spray an area of a counter with nonstick spray. Place the risen dough onto sprayed area. Do not flour the area where you will roll the pretzels.

Cut dough into strips of equal size.

Pull dough strip to stretch it out. Start in the middle and move your hands outward while pulling, stretching, and rolling the dough strip. Roll each piece into a rope 1/2" wide (about the thickness of your finger) by 32" long. Do not over-roll the dough strip.

Shape dough strip into a "U" on the counter. Cross the ends (1 & 2), then cross them again. Pinch the ends to the bottom of the "U" about 2 inches apart. Experiment with other shapes, letters, or numbers; use your creativity!

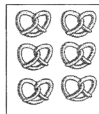


## BAKE

In a medium bowl, dissolve 1 baking soda packet in 4 cups of very warm water. Stir until nearly dissolved.

Prep baking tray with either nonstick spray or nonstick parchment paper.

Pick up each pretzel by the pinched ends and quickly dip into the baking soda solution. Let excess solution drip into bowl. Then place on baking tray.



Sprinkle with salt if desired; Cinnamon Sugar pretzels do not need salt.

Bake one tray at a time on the center rack for 3 to 5 minutes. Watch carefully to make sure the pretzels don't get too brown. Rotate tray 180° and bake for an additional 2-5 minutes, or until golden brown. Baking times may vary by ovens and baking trays.

## ENJOY!

Melt 4 Tablespoons of butter (optional). Before baked pretzels cool, brush butter over top of salted or plain pretzels. For Cinnamon Sugar pretzels, brush butter over top of unsalted pretzels and top with included packet of cinnamon sugar to desired amount.

EAT and REPEAT!

Additional recipes and more ideas  
at [benspretzelsrecipes.com](http://benspretzelsrecipes.com)

Questions or Comments?

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