



Simple | Healthy | Delicious

## Cinnamon Sugar Pretzel Twists

### INGREDIENTS

#### PRETZELS

1 cup milk of choice

1 package active dry yeast

2 tablespoons olive oil

3 tablespoons brown sugar

½ teaspoon salt

2 ¼ cups Nature's Earthly Choice™ Apple Flour

Extra flour for kneading (all-purpose is OK)

3 cups warm water

1/3 cup baking soda

#### CINNAMON SUGAR COATING

¼ cup organic cane sugar

1 teaspoon cinnamon

1 to 2 tablespoons melted butter



### DIRECTIONS:

1. In a small pot, warm the milk. Do not let it boil. Pour the milk into a large bowl and sprinkle in the yeast. Let stand until the yeast becomes puffy, about 3 minutes.
2. To the milk and yeast mixture, add the olive oil, brown sugar, salt, and 1 cup of apple flour. Mix well, then slowly add the remaining 1 ¼ cups flour until a sticky dough forms.
3. Lightly dust your hands with flour. Knead the dough on a floured surface until it is smooth yet tacky to the touch. Gradually add more flour if it is too sticky.
4. Place the dough in a greased bowl. Cover with a damp kitchen towel and let sit in a warm area until it doubles in size, about 1 hour.
5. Pre-heat oven to 450 degrees Fahrenheit. Deflate the dough with a few gentle punches then place on a floured surface.
6. For each twist, form two golf ball-sized pieces. Roll and pull to form short ropes then twist together. Repeat until you have 8 pretzel twists.
7. In a shallow dish, add the baking soda to 3 cups of warm water. Stir until dissolved. Lightly dip each pretzel into the mixture, then place on a greased baking sheet.
8. Bake for 10 to 12 minutes or until lightly golden. In a small bowl, combine the sugar and cinnamon. Brush each pretzel with melted butter and dip into cinnamon sugar. Serve immediately.