

# Lenten Snack

Pretzels

## Pretzel

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You may think of pretzels as the perfect snack while watching TV, a movie or at a sporting event. Or maybe you like pretzels because they are a fat-free snack.

But the pretzel traditionally was Lenten fare. It was made only of flour, water and salt. It reminds us, today, that in times past Christians fasted from milk, butter, eggs, cheese, cream and meat.

The pretzel is shaped into the form of arms crossed in prayer. Serve them often during Lent and use them as a springboard for discussing prayer and fasting during this special season.

### Easy Pretzel Recipe

#### **INGREDIENTS:**

- Bread Dough
- 1 Egg, beaten
- 1 tb Water
- Course Salt

#### **PREPARATION:**

Cut off a piece of the dough and roll until it is about 1 inch thick and 10 inches long. Shape each strip of dough into a circle, overlapping about 4 inches from each end and leaving ends free. Taking one end of the dough in each hand, twist at the point where the dough overlaps.

Carefully lift each end across to the edge of the circle opposite it. Push snug where the dough meets to attach. Stir together egg and water. Brush pretzels with egg mixture, sprinkle with salt. Bake at 350 degree until golden brown.