

Soft Protein Pretzels



PREP TIME

25 mins

COOK TIME

20 mins

TOTAL TIME

2 hrs 45 mins



COURSE

Snacks



SERVINGS

12 pretzels

CALORIES

130 kcal

INGREDIENTS

Pretzel Dough

- 1 tbsp active dry yeast
- 1 1/4 c warm water 110°F
- 1/4 c brown sugar
- 2 1/3 c all purpose flour
- 1 1/2 c vital wheat gluten
- 2 Tbsp olive oil or melted earth balance
- 3 tsp salt

Poaching Water

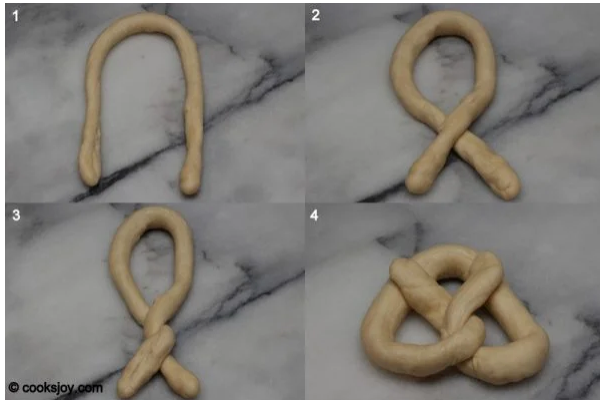
- 3-4 quarts water
- 1/4 c baking soda

Toppings

- 4 Tbsp toppings of choice (pretzel salt, everything seasoning, sesame seeds, grated vegan cheese, etc. This will change the macros)

INSTRUCTIONS

1. Whisk warm water, yeast, and brown sugar together and let sit for about 5 minutes until foamy.
2. Add in flour, vital wheat gluten, oil, and salt. Use a dough hook in a stand mixer or knead by hand for 8 minutes.
3. Cover dough with plastic wrap and set aside to let rise for 2 hours.
4. On a lightly floured surface, gently roll your dough out into a rectangular shape, about 14 inches by 12 inches (If it's not perfect, that is ok).
5. Using a large knife, cut the dough lengthwise into 12 one-inch strips.
6. Roll each strip into a long snake, about 18 inches long, and form snake into a pretzel as shown the photo. You can use a little water on your fingertip to "glue" the pieces down.



7. You can also roll the pieces into balls to make pretzel buns, short logs to make hot dog buns, or snip them and braid them. You can really play with shapes here.
8. Prepare a large pot of water and baking soda and bring to a simmer.
9. Preheat your oven to 450°F/232°C
10. When the water is simmering, gently drop pretzels 2 at a time into the water. Simmer for about 15 seconds on each side before removing with a slotted spoon and placing on a parchment paper lined baking sheet. Repeat for all pretzels.
11. If you wish to add toppings, now is the time to do so!
12. Bake pretzels for 11 minutes.

NUTRITION

Nutrition Facts

Soft Protein Pretzels

Amount Per Serving	
Calories 130	Calories from Fat 16
% Daily Value*	
Fat 1.8g	3%
Carbohydrates 18.1g	6%
Fiber 0.6g	3%
Protein 11.1g	22%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!