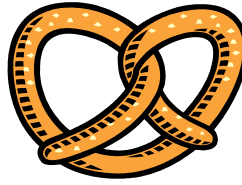


Soft Pretzels

- 1 package yeast
- 1 1/3 cup warm water (105-115 degrees)
- 3 tablespoons vegetable oil
- 1 teaspoon honey
- 2 cups whole wheat flour
- 2 cups white flour
- 1 teaspoon salt



Preheat oven to 425 degrees. In a small bowl, dissolve yeast in warm water, add honey and oil. Stir and let set for a few minutes. In a larger bowl combine flours and salt. Pour wet mixture into dry ingredients and mix well. Dough will be crumbly and flaky. Knead dough until it forms a smooth ball approx 5 minutes. Add a little more flour if the dough is sticky. Divide dough into 12 pieces. Roll each ball into a snake and then make a pretzel, letter or other fun shape. Place pretzels on a baking sheet lightly coated with cooking spray. Let raise 20 minutes and then dunk in boiling baking soda water (1 T baking soda per cup water). Drain well and sprinkle with coarse salt if desire. Bake for 10 to 12 minutes or until golden brown.