



Treat Time

Approximate Time: 90 minutes

Prep Time: 15 minutes

Rise Time: 1 Hour

Cook Time: 5–8 minutes

Praying Arms Treat (Soft Pretzels)

2 teaspoons active dry yeast
1 teaspoon white sugar
3/4 cups warm water
2 1/2 cups flour
1/3 cup sugar
1 teaspoons salt
2 tablespoon vegetable oil

1/4 cup baking soda
2 cups boiling water
Melted butter & kosher salt for topping



In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand for 10 minutes. In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large oiled bowl. Turn the dough until lightly coated with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

Treat Time: Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram).



Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with Kosher salt.

(A pretzel is a treat that is twisted into a knot-like shape to resemble two arms folded for prayer.)

Closing Prayer and blessing on the food.