Pretzels

¾ c. lukewarm water

1 ½ teaspoons yeast

2 c. (approximately) flour

1 ½ teaspoons sugar

Vegetable spray to grease cookie sheet

Slightly beaten egg for top of pretzels

Salt for top of pretzels

Preheat oven to 425 degrees

Pour lukewarm water into bowl. Add sugar, stir well. Add yeast. Let set for 5 minutes until foamy

Add flour to the yeast mixture. Stir until the ingredients are blended and form a ball.

Place dough on lightly floured cutting board.

Dust hands with flour and knead dough for 5 minutes.

Divide dough into pieces, give each group member a portion. Roll each piece into a long snake about 15 inches long and about as wide as a pencil. Shape dough into a pretzel.

Place pretzels on a greased cookie sheet. Brush with slightly beaten egg and sprinkle with salt.

Bake for 10 minutes. Remove from cookie sheet. Let cool and enjoy.