

# Pizza Pretzels

(6 pretzels)

## Ingredients:

750 mL flour  
30 mL quick rise yeast  
15 mL sugar  
2 mL salt  
330 mL warm water  
½ (213 mL can) pizza sauce  
250 mL mozzarella cheese, finely grated



## Method:

1. Preheat oven to 425 F. Lightly spray cookie sheet with vegetable spray.
2. In a large bowl, add 500mL flour, yeast, sugar and salt. Mix together with a wooden spoon.
3. In a small pot, heat water until it reads 105-115 F.
4. Add warm water to the flour mixture and mix well. Add remaining 250 mL flour.
5. On a lightly floured surface, knead 10-12 times. Do not over work the dough or it will become tough.
6. Cut dough in half. Cut each half into 3 equal pieces. Roll pieces between palms of your hands to force a rope 50 cm long. Lay the rope out horizontally.
7. Fold left end of rope over to the middle, creating a loop; fold right side of rope to the middle, over the first loop to form a pretzel shape.
8. Continue with the remaining dough. Let rise 20-30 minutes, covered.
9. Use the back of a spoon to spread pizza sauce over the pretzel. Sprinkle cheese over top.
10. Bake for 15-20 minutes until cheese melts. Remove from oven and place on cooling rack.