

Zucchini Bread Recipes

# Homemade Soft Pretzel Bites

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| **15 min**<br>Prep time | **15 min**<br>Cook time | **30 min**<br>Total time |
| **4**<br>Servings | **Medium**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Dough

- ☐ 2 1/4 cups bread flour
- ☐ 1 tsp salt
- ☐ 1 tsp sugar
- ☐ 1 tbsp malt syrup or honey
- ☐ 1 cup warm water
- ☐ 2 tbsp melted butter

### Baking Soda Bath

- ☐ 4 cups water
- ☐ 1/2 cup baking soda

### Finishing

- ☐ 2 tbsp melted butter (for brushing)
- ☐ Coarse sea salt, for sprinkling

## Instructions

1. In a large bowl combine flour, salt, and sugar. Add malt syrup, warm water, and melted butter; stir until a shaggy dough forms.
2. Knead the dough on a lightly floured surface for about 5–7 minutes until smooth and elastic. Let it rest, covered, for 10 minutes.
3. While the dough rests, bring the water and baking soda to a gentle boil, then remove from heat.
4. Divide the dough into 24 equal pieces, roll each into a 2-inch rope, and shape into small bite-sized knots.
5. Drop the shaped bites into the hot soda bath for 20-30 seconds, then transfer to a parchment-lined baking sheet.
6. Brush each bite with melted butter, sprinkle sea salt, and bake at 425°F (220°C) for 12-14 minutes until golden.
7. Remove from oven, brush again with butter for extra shine, and serve warm.

### Nutrition per serving

| 210 kcal | 5 g | 34 g | 6 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the dough feels too sticky, dust with a little extra flour.
- For extra flavor, add a pinch of garlic powder to the butter brush.
- You can add grated parmesan to the butter brush for a cheesy crust.