



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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## CHEESE STUFFED PRETZEL BITES

### Ingredients:

- \* 1 ½ cups warm water
- \* 2 Tbsp. brown sugar
- \* 1 package active dry yeast (2 ¼ tsp.)
- \* 3 ounces unsalted butter melted
- \* ½ tsp. kosher salt
- \* ½ cups all-purpose flour
- \* vegetable oil
- \* 3 quarts water
- \* ½ cup baking soda (for boiling pretzels)
- \* 1 whole egg w/TBLS cold water
- \* Coarse sea salt

### CHEESE SAUCE:

- \* ½ Tbsp. unsalted butter
- \* ½ Tbsp. all-purpose flour
- \* ½ cup milk
- \* 8 ounces grated cheese

Melt butter in sauce pan (medium heat). Add flour cook 1 minute. Whisk in milk until thickens add cheese until smooth-season with salt

### Directions:

For the pretzel combine 1 ½ cups water, sugar, yeast and butter in the bowl of a stand mixer and mix with a dough hook until combined-let stand 5 minutes. Add the salt and flour mix on low speed until combined then increase the speed to medium kneading the dough until smooth and it begins to pull away from the bowl, (about 3-4 minutes). If the dough appears too wet sprinkle additional flour 1 TBLS at a time. Remove the dough from the bowl place on a flat surface and knead into a ball with your hands.

Add vegetable oil in an additional bowl, adding the dough and turning it to coat with the oil. Cover with dish towel or plastic wrap, place in warm spot until it doubles in size. (1 hour)

Preheat oven 425\*

Bring 3 quarts water to boil in small roasting pan over high heat and carefully add baking soda. It will boil over if you do not add slowly.

Remove dough from bowl, place on flat surface, divide into 8 equal pieces approx. 4 ounces each. Roll each piece into a long rope 22'. Cut the dough into 1 inch pieces for the pretzel bites. Boil in batches (15 at a time) for 30 seconds. Remove with slotted spoon and place on baking sheet, spray with cooking spray- they should not be touching. Brush egg wash & salt liberally.

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