



# Pretzel Prayers

*"A young monk baked the first pretzel - making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day and baking it as a soft bread. These little breads were shaped in the form of arms crossed in prayer and were called braccellae (Latin, 'little arms'). Among the Germans the word became 'bretzel.' These pretzels were a common Lenten food throughout the Middle Ages in Europe, and became an all year round snack, in its original shape only in the last (19th) century." (from <https://bustedhalo.com/life-culture/pretzels-and-lent>)*

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## Make Pretzels!

Make your own pretzels or purchase pre-made pretzels - the frozen soft pretzels are really yummy!

### Recipe:

1 package of yeast  
1 ½ cups of warm water  
1 Tablespoon sugar  
1 teaspoon salt  
about 4 cups of flour  
1 egg (optional)  
Extra salt for the tops - large salt works best  
Mix the yeast, water, sugar and salt in a large bowl.  
Stir in the flour and knead the dough until it is smooth.  
Shape into the form of arms crossed in prayer and place on a baking sheet. Brush the dough with a beaten egg to give it a shiny finish (optional). Sprinkle the top with salt and bake in a 425 degree preheated oven for 15 minutes.

(recipe from [www.catholicicing.com/pretzels-for-lent/](http://www.catholicicing.com/pretzels-for-lent/))

(here's another option with whole-wheat flour: [sallysbakingaddiction.com/30-minute-whole-wheat-pretzels/](http://sallysbakingaddiction.com/30-minute-whole-wheat-pretzels/))

Gluten-free recipe: [www.kingarthurbaking.com/recipes/gluten-free-soft-pretzels-recipe](http://www.kingarthurbaking.com/recipes/gluten-free-soft-pretzels-recipe)

As you enjoy your pretzels, fold your arms in the shape of a pretzel and say a prayer, thanking God for everyday things in our lives that remind us of God!

