

# Praying Pretzels

Visit our [printable recipes section to print this recipe](#) on 3x5, 4x6 or full page.

***Thanks to Cathy for contributing this recipe!***

Pretzels were first made by monks who gave them as rewards to children who had learned their prayers. The special twisted shape looks like the folded arms of a child praying. The word pretzel means reward.

- 2 loaves (16oz) frozen whole wheat bread dough, thawed
- 1 egg white
- 1 tsp water
- Coarse salt, optional

Thaw dough in refrigerator overnight.

Roll into 24 balls (12 each loaf).

Roll into ropes and shape into pretzels by forming a knot and looping ends through.

Place 1 inch apart on well greased cookie sheet.

Let stand 20 minutes.

Combine egg whites with water and brush on pretzels.

Sprinkle with salt and bake at 350F for 20 minutes.