



Robin Barrie
NUTRITION COUNSELING | PERSONAL TRAINING

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High fiber pretzels

INGREDIENTS

2 cups whole wheat flour

2 cups plain yogurt (I used @siggisdairy)

2 heaping Tbsp ground flax*

2 Tbsp honey*

1 Tbsp baking powder

1/4 tsp Kosher or pink Himalayan salt, plus extra for topping -1 egg, whisked

Toppings as desired: cinnamon/sugar, Everything But the Bagel seasoning. (*These are optional. I like the flax for more fiber and the natural honey for a touch of sweetness.)

PREPARATION

- 1 Preheat the oven to 350 degrees.
- 2 Line a baking sheet with parchment paper
- 3 Add to a large bowl flour, yogurt, flax, honey, baking powder and salt.
- 4 Begin mixing with a spoon but then get those hands in there to knead the dough.
- 5 . Once you have one big ball of dough formed, divide into 8 equal parts.
- 6 . Roll the dough between your hands or on a counter or cutting board to form a long thin rod.
- 7 Twist into pretzel shape then place on the baking sheet.
- 8 Brush each pretzel with egg wash then top with salt as desired.
- 9 Add toppings.
- 10 Bake in oven for 20 minutes. ENJOY!!

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