



Pretzel Twists

Sweet or savory? It's your choice! Made with our [Bread Mix and Flour Blend](#). 2008 Recipe Contest Runner Up by Dan B.

Ingredients

- 2-1/4 cups warm water
- 2 tbsp brown sugar
- 1 bag (3-1/2 cups) [Pamela's Gluten-Free Bread Mix](#)
- 1 yeast packet (2-1/4 tsp) (included in 19 oz bag)
- 2 tbsp olive oil
- 1 tsp baking soda

NOTE: These can be made to be sweet or savory, you'll need to choose your option to decide your ingredients.

Option 1 - Savory:

- olive oil spray
- kosher salt to taste

Option 2 - Sweet:

- 1/4 butter or margarine, melted
- 1/4 cup granulated sugar
- 2 tsp powdered cinnamon

Directions

Whisk together 1-1/4 cups warm water, brown sugar, and yeast in a small bowl. Allow to sit for a few minutes until bubbles begin to show yeast activity. Pour Pamela's Gluten-Free Bread Mix into a large bowl. Holding back 1 cup warm water and baking soda, stir in remaining ingredients and the yeast mixture until completely combined. Cover with a damp towel and allow to rise in a warm, draft-free spot for one hour or until dough is almost double.

Line two cookie sheets with parchment paper. Divide dough into twelve pieces. With wet hands, roll each piece into a "snake" between six and eight inches in length. Lay the snake onto the parchment paper, then gently flatten the dough with wet fingers until about half previous height. Pick up one end of the snake, so that half of its length is lifted from the cookie tray. Twist the dough 360° and gently lay the end down again. Pick up the other end of the dough and give it a full twist in the same direction. Smooth any rough spots with wet fingers. Repeat with each section of dough, so that both cookie trays have six pretzel twists on them. Cover both trays with plastic wrap, and allow the dough to rest for another 30 minutes.

Preheat oven to 450°. Mix remaining cup of warm water and baking soda. Using a pastry brush, gently paint the twists with the baking soda mixture.

Bake twists for 8 to 10 minutes until golden brown.

Savory:

For a quick, classic pretzel taste, spray twists with olive oil and sprinkle with kosher salt to taste.

Sweet: For a sweeter option, use a pastry brush to spread melted butter or margarine on twists and then sprinkle with a mixture of sugar and cinnamon.

Chef's Notes: My favorite, of all the varieties we tried, is the Lemon Thyme, with Rosemary as a strong second. I just threw in a tablespoon of fresh herbs at the very end of the mixing and proceeded as directed. Try your favorite fresh herbs, finely chopped, and you will be delighted with a great textured, low fat snack. For a really nice golden color, don't forget the water and baking soda wash. For a smooth texture, try a egg yolk and milk (or water) wash.

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