

How to make pretzels using frozen pizza dough



Here is frozen pizza dough that I buy at Freshco for \$2.29 each. Each package will make 8-16 pretzels.

Items needed:

- thawed pizza dough – see directions below
- 4 tablespoons Melted butter/margarine
- Coarse sea salt or topping of your choice (see notes below)
- Baking sheet lined with parchment paper

Preheat oven to 400

1. Follow package directions for thawing
 - a. Overnight in the fridge or up to 4 hours at room temperature.
2. Remove dough from package and place on counter/large cutting board dusted with flour
3. **Leave on floured work surface for 30 minutes** (this is important... it makes it more workable)
4. Dough should be shaped into a circle,
 - a. with a pizza cutter, cut the dough like you would a pizza (once from top to bottom, then from side to side, giving you four pieces, now cut each of those pieces into 2 pieces) In total you should have 8 pieces.



5. Roll each piece into an 20 inch rope. (see video)
6. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape (see photos)
 - a. place on baking sheet lined with parchment paper and let sit for 15 minutes
 - b. Brush with melted butter and sprinkle with coarse sea salt or topping of your choice
7. Bake for 12-14 min in a preheated 400-degree oven.

- There are so many different toppings you can do prior to baking to make your pretzel



unique. Be creative! If you want to sprinkle your pretzel before it's baked with cheese or cinnamon sugar, go for it! Any other ideas? I brushed butter then generously sprinkled grated parmesan cheese on mine :)

Notes:

- I thawed my dough in the fridge overnight. It puffs up a bit but that's okay.
- **Letting the dough sit for 30 minutes is so important!!!!** You don't want the dough to be cold, it won't stretch as easy and little hands might find it frustrating.