

Soft Pizza Pretzels (Makes 4 Pretzels)

Dough Ingredients:

10 ml (2 tsp) sugar	200 ml warm water
15 ml (1 Tbsp) Instant or Rapid-mix yeast	3 ml (1/2 tsp) salt
500 ml (2 cups) flour	30 ml (2 Tbsp) oil

Topping Ingredients:

- 50 ml (1/4 cup) tomato paste
- 1-2 tsp Italian seasoning
- 100 ml grated cheddar cheese
- 1/4 tsp crushed chili peppers (to "kick it up")

1. Preheat oven to 375 degrees F.
2. In medium mixing bowl, dissolve sugar in warm water. Add yeast and let it sit for two minutes. Add oil.
3. Measure flour into small bowl. Remove 60 ml (1/4 cup) and set aside – add salt to small bowl.
4. Add flour to the bowl of yeast and mix hard until a sticky ball is formed. Poke the dough with your finger - if it bounces back, it is ready to knead. Add more of the reserved flour if dough is sticky.
5. Turn dough onto lightly floured counter and knead until smooth (5 minutes). Let rest for another 10 minutes, covered with a clean dishcloth.
6. Cut dough into 4 pieces. Shape into rope and make pretzel shape. Place on baking sheet lined with parchment paper.
7. Mix spices into tomato paste in a custard cut. Using the back of a teaspoon, spread tomato paste over pretzel dough. Let pretzels rest and rise for 10-20 minutes.
8. Press grated cheese into pretzels.
9. Bake 15-20 minutes at 375 degrees F.

Optional Sweet Topping:

For a sweet pretzel, brush melted butter on pretzel after baking and sprinkle with a cinnamon sugar mixture.