



## Spelled pretzel (vegan)



<p><b>Pretzel Dough:</b> 500g plain flour 500g spelled flour ½ cube of yeast, crumbled 3 tsp salt (15g) 1 tsp sugar (5g) 6.5dl almond milk</p> <p>→ Gives about 28 pcs to 60g</p>	<p>Mix flour, salt, sugar and mix in the yeast. Warm up the almond milk slightly (not too hot!). While stirring constantly add the milk slowly to the flour mixture. I highly recommend to use a dough kneading machine. Knead for 5-10 minutes until you get a smooth dough. Cover the dough with a kitchen towel and let it rise at room temperature (for about 1 hour) until it becomes double the size.</p> <p>Then portion the dough and form little pretzels. Cover it with a towel and let the pretzels rise once again for 10-20 minutes.</p>
<p><b>Lye water:</b> 1.2 liters of water 1 tbsp salt 100g soda powder</p>	<p>Boil everything in a pot and set aside. Preheat the oven to 200 ° C. «Bath» the pretzels one after the other with a perforated trowel in the lye. Put them back on a baking tray.</p>
<p><b>Topping:</b> Coarse salt Knabber Snack Bio, of Zwicky</p>	<p>Immediately after the «bath» top the pretzels with salt and the Knabber Snack Bio of Zwicky. Finally bake them for 20-25 minutes in the oven.</p>

**Hint:** The pretzels are great for freezing. Buns, braids or something else can be easily made out of the basic dough. Be creative!