

SPELT SOFT DOUGH PRETZELS



This weeks recipe has been contributed by Vitamin Specialist Robyn-Anne Rose. When she is not working in the pharmacy Robyn loves to be in her kitchen preparing healthy, delicious, plant-based meals for her family. Robyn also has her own blog 'Vitamins & Sprouts' and has recently written her first book set for publish in early 2017 titled '**Vitamin ME: how to successfully shop the vitamin aisle**'.

Servings: Makes 6-8 pretzels

Ingredients:

1 cup *water*

2 $\frac{3}{4}$ cups *organic sustainable plain spelt flour*

2 teaspoons *instant dry yeast*

$\frac{1}{2}$ teaspoon *salt*

2 tablespoons *raw sugar*

3 tablespoons *olive oil spread* (ie. nuttelex or dairy free margarine)

Topping

1 beaten *egg* (Vegan diets may substitute 1 tablespoon of olive oil)

1 teaspoon *poppy seeds*

1 teaspoon *black sesame seeds*

1 teaspoon *sunflower seeds*

Method

Layer ingredients into bread machine as listed above and run on dough setting.
Once finished remove dough and place on floured surface.
Boil 8 cups of water with 1 tablespoon of salt in a large pot.
Break dough into 6-8 pieces and roll out to 30 cm in length.
Shape into pretzels and lower into boiling water, one at a time, on a large slotted spoon.
Boil on one side for 30 seconds and then flip pretzel over and cook the other side for 30 seconds.
Remove from water and place on a greased baking tray.
Paint the pretzels with egg wash or olive oil and sprinkle with seeds.
Bake for 15 minutes at 200 °C.
Serve warm with White Bean & Mustard Dip (see below)

White Bean & Mustard Dressing

Ingredients:

1 can of *cannellini beans* (drained and rinsed)

2 cloves *garlic*

½ cup *tahini*

Juice of half a *lemon*

¼ cup *olive oil*

Salt and pepper to taste

2 tablespoons *whole grain mustard*

¼ cup unsweetened *coconut yoghurt* (may substitute with Greek yoghurt)

Method:

Place all ingredients except the mustard and yoghurt in a food processor and combine till smooth.
Transfer bean mix to a mixing bowl and fold through the leftover ingredients. Enjoy.

Dairy Free | Vegan | Vegetarian