

Scone Pretzels

Pretzels are made in the shape of arms crossed in prayer and are a reminder to us to pray during Lent!

Pretzels are normally made from bread but this pretzel scones recipe is much quicker to make!

You will need:

100grams self-raising flour

30g butter

milk to mix

tablespoon sugar

Pinch of salt

1 Egg



What to do:

- Preheat the Oven to 180C
- Rub the butter into the flour until it looks like breadcrumbs.
- Mix in the sugar and salt.
- Gradually add milk to the mixture until a dough is formed. Don't let it get too sticky!
- Split the dough into 6. Make each piece into a sausage shape and then form it into a pretzel shape (see photo).
- Place on a greased baking tray.
- whisk an egg and use a pastry brush to 'wash' it over the top of each pretzel shape.
- Bake pretzels for 10 mins until golden.

Say thank you to God for all the food we have and pray for people who are hungry.