



Salted Pretzel Brownie Bites

By Dylan Sabuco

Prep Time 10 / **Cook Time** 16 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

preheat: to set an oven to the desired temperature for a few minutes or heat a pan for a few seconds before cooking, so it reaches the correct temperature by the time you place the food in it.

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Paper cupcake liners
- ☐ Cutting board + kid-safe knife (if chopping the pretzels)
- ☐ Medium mixing bowl
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Wooden spoon or spatula
- ☐ Whisk

☐ Toothpick, skewer, or paring knife to test for doneness

Ingredients

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- ☐ 3/4 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- ☐ 3/4 C unsweetened cocoa powder ******(for CHOCOLATE ALLERGY sub carob powder)******
- ☐ 1/2 C pretzels ******(for GLUTEN ALLERGY sub gluten-free/nut-free pretzels)******
- ☐ 2 eggs ******(for EGG ALLERGY sub 1 T chia seeds + 2 1/2 T warm water—more info below)******
- ☐ 1/2 C coconut oil
- ☐ 1 C granulated sugar
- ☐ 1/2 tsp salt
- ☐ 2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation flavor—check label)******
- ☐ 1/4 C water

Food Allergen Substitutions

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Egg: For 2 eggs, substitute 1 T chia seeds + 2 1/2 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour and pretzels. Use gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: Substitute carob powder for cocoa powder.

Instructions

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chop

Start off by chopping or crushing **1/2 cup pretzels** and set aside for the next step of the recipe.

preheat + line + stir

Preheat your oven to 350 F and line the wells of a muffin pan with paper liners. Start by preparing your dry ingredients. In a medium-sized mixing bowl, have your kids combine **3/4 cup flour, 3/4 cup cocoa powder**, and the chopped pretzels. Stir with a whisk to remove any lumps.

measure + whisk

Crack **2 eggs** into a large mixing bowl. Then, measure and add the rest of your wet ingredients: **1/2 cup coconut oil**, **1 cup sugar**, **1/2 teaspoon salt**, **2 teaspoons vanilla extract**, and **1/4 cup water**.

Whisk the mixture until the eggs are completely combined.

combine + scoop + bake

Bit by bit, pour the dry ingredients into the wet ingredients and stir after each addition. Scrape the sides of the bowls down with a wooden spoon or spatula, as needed. Mix until all traces of flour disappear and your batter is glossy. Fill the lined wells of your muffin pan about halfway. Bake for 14 to 16 minutes, checking them at the 14 minute mark by inserting a toothpick into the middle of a brownie bite. If it comes out clean, they're done. Carefully remove the pan from the oven and let cool.

Featured Ingredient: Pretzels!

Hi! I'm Pretzel!

"I'm a type of bread dough made with wheat flour and yeast! Bakers often twist me into a knot, but I'm flexible before I'm baked, so I don't mind! Some of us are big, soft, and chewy, and others are small, hard, and crunchy! Either way we make a wonderful snack!"

History

In the 1,400 years since the pretzel was invented, bakers around the world have come up with a wide variety of shapes and flavors. The history of this adaptable snack shows its versatility.

The pretzel has been considered a good-luck symbol for a long time. In the 16th century, pretzels decorated Christmas trees in Austria and were hidden along with hard-boiled eggs on Easter. In Germany, children would wear pretzel necklaces on New Year's Day.

According to a legend, during a siege of Vienna in the 1500s, pretzel bakers working before dawn heard Ottoman Turks tunneling under Vienna's city walls, alerted the authorities, and helped fight the invaders. Their alarm saved the city, and the Austrian emperor awarded the bakers an honorary coat of arms. The crest has a crown at the top to denote the royal gift. Below are two lions to honor the bakers' courage, and between them is a large pretzel. Signs with this coat of arms may still be seen today hanging in front of European pretzel bakeries.

There is a legend that in early 17th century Switzerland, royal newlyweds would make a wish and break a pretzel to seal their marriage, in the same way people in other cultures break a wishbone or a glass. The phrase "tying the knot" may have originated from this tradition.

Germans immigrants brought pretzels to Pennsylvania in the 1700s, and Julius Sturgis opened the first commercial pretzel business there in 1861. He also claimed to have made the first hard pretzel.

Over a billion dollars worth of pretzels are sold in the United States annually, and 80 percent of them are made in Pennsylvania. The average US citizen eats up to two pounds of pretzels per year.

In 2019, Geoffrey Esper broke the Malted Barley Pretzel speed-eating record by eating 26 pretzels in 8

minutes.

The Guinness World Record for the largest pretzel ever produced weighed 1,728 pounds and was 29 feet 3 inches long and 13 feet 3 inches wide! A bakery in San Salvador, El Salvador, made the pretzel in 2015.

How to Pick, Buy, & Eat

Pretzels have evolved to include different shapes, like twists, sticks, and nuggets; flavors, like mustard and cinnamon; coatings, like chocolate and yogurt; and fillings, like peanut butter and cheese.

You can also find other foods made with whole, chopped, crushed, or ground pretzels, including party mix, crunchy toppings or fillings, pie crust, brownies, cookies, and hamburger buns.

Nutrition

Nutritional values vary between soft pretzels and hard pretzels. Generally, pretzels contain carbohydrates, protein, fiber, and other nutrients in wheat flour. Those made with whole-grain flour may have more fiber and nutrients. Pretzels are low in fat and can be high in sodium (salt).

You can find gluten-free soft and hard pretzel options in recipes and grocery stores. Many hard pretzel brands are also vegan, but some coatings and fillings may not be.