

# Spelt Soft Dough Pretzels



This weeks recipe has been contributed by Vitamin Specialist Robn-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.

## **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**