THE J.M. SMUCKER Co

Hot Soft Pretzels and Eggs

Prep Time	Cook Time	Serves	Difficulty
30 mins	20 mins	10	N/A

Ingredients

- **Pretzels:**
- 1 1/2 cups (375 mL) warm water (105°-115°F/40°-56°C)
- 1 tsp (5 mL) granulated sugar
- 1 envelope (2 1/4 tsp / 11 mL) quick-rise yeast
- 5 cups (1.25 L) **Robin Hood®** Best For Bread Homestyle White

  Robin Hood® Best for Bread Homestyle White Flour

- 1 tsp (5 mL) salt
- **Glaze:**
- 1 egg, beaten
- 1/4 cup (50 mL) sesame seeds
- 1 tsp (5 mL) Kosher or coarse salt
- **Eggs:**
- 1/2 cup (125 mL) cooked spinach, well dried (optional)
- 8 eggs
- 1/2 cup (125 mL) **Carnation®** 2% Evaporated Partly Skimmed Milk
- 1/2 cup (125 mL) grated cheddar cheese, optional
- 8 slices cooked bacon, optional
- lettuce and/or tomato, optional
- vegetable spray for frying

Directions

Step 1:

Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.

Step 2:

Pretzels: Combine warm water and sugar in large mixing bowl. Add yeast and let stand until mixture bubbles up.

Step 3:

Combine yeast mixture, flour and salt to form a dough that is soft but not too sticky. Knead 10 minutes by hand or 5 minutes in mixer on low speed. Divide dough into 10 equal pieces. Roll with hands and shape into pretzels and place on prepared baking sheet.

Step 4:

Glaze: Carefully brush pretzels with egg. Sprinkle with salt and sesame seeds.

Step 5:

Bake in preheated oven for 20 to 25 minutes, or until golden brown.

Step 6:

Eggs: Cook spinach according to package directions. Rinse with cold water and dry well. Chop and reserve. Whisk eggs and evaporated milk in a large bowl. Stir in reserved spinach and cheese.

Step 7:

Stir in reserved spinach and cheese. Spray large skillet and heat over medium heat. Add egg mixture. Stir gently until moist

curds form. Serve eggs on the side or as a breakfast sandwich with bacon, lettuce and/or tomato.

Images

