

Kid's KOrner

Cheese Pretzels You Can Make

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BEDFORD (Bedford Co.) —

Healthy snacks were a part of the program for the members of the Bible Club at St. John's United Church of Christ in Bedford. Snacks are an important part of providing enough nutrients for growing boys and girls. However, a snack, like our main meals, should contain important nutrients to help us grow and stay healthy.

The snacks made by these children were "Cheese Pretzels." With mother or dad's help, they are very easy to make and will keep for several weeks in a tightly closed container.

Cheese pretzels provide both carbohydrates and protein. Children ages 7 to 10 need about 2,000 calories a day. If they don't get enough calories, they will grow less. If they get more, they will get fat.

Calories from carbohydrates and fats provide us with energy. The ingredients in cheese pretzels which provide carbohydrates are flour and a small amount of sugar.

Protein is found in the cheese in the pretzels and in the egg which is spread over the pretzel before it is baked.

All of the cells in the body, as well as antibodies (prevent disease), hormones, and digestive enzymes, are made of protein. Protein is found in milk, cheese,

nuts, eggs, fish, chicken, red meat, and corn, beans, wheat, oats and rice.

The fat in the cheese pretzels is very low. Our bodies need some fat, but too much will make us fat.

You will need a parent's help in making these pretzels, but they are something everyone will enjoy making, even younger brothers or sisters.

The recipe is as follows:

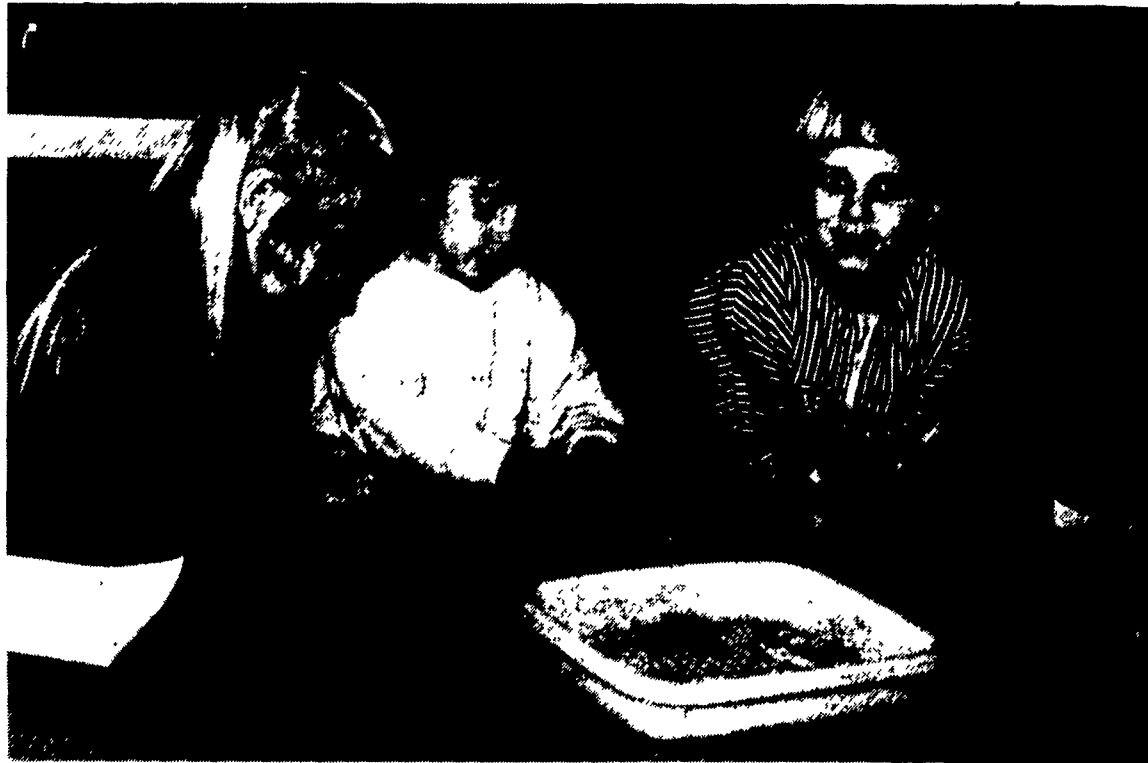
Cheese Pretzels

- 1 tablespoon active dry yeast
- 1 1/2 cups warm water
- 1 teaspoon salt
- 1 tablespoon sugar
- 3 1/2 cups flour
- 1 cup grated cheddar cheese
- 1 egg beaten

Dissolve yeast, salt and sugar in water in food processor bowl. Add 3 1/2 cups flour and cheese. Mix by turning processor "on-off" a few times. Then, run about one minute to knead dough until smooth. (If dough sticks, add more flour.) Or, you can use a dough hook, or mix with your hands. Form a roll. Cut into 33 pieces. Roll each piece into a rope 14 inches long. Twist into pretzel shape. Place on ungreased baking sheet. Brush with beaten egg. Bake 15 to 18 minutes in 425 degree oven.

The total preparation time will take about 20 to 25 minutes. Baking time is 15 to 18 minutes.

Eat and enjoy.



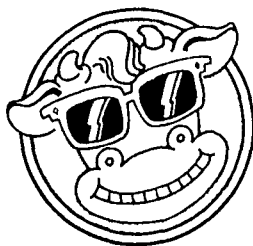
Rachel Myers, Kirsten Hollis and Chad Shoemaker work at twisting the pretzels.



T.J. Shoemaker and Rachel Stine brush the pretzels with a beaten egg.



Twist the pretzels into any shape you desire.



HELP COW-A-BUNCA FIND THE HAY!

