

Long Livo

Homemade Soft Pretzel Bites Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 2 ¼ cups bread flour
- [ ] 1 tsp instant yeast
- [ ] 1 tsp salt
- [ ] 1 tbsp honey
- [ ] ¾ cup warm water
- [ ] 2 tbsp unsalted butter, melted

Boiling

- [ ] 4 cups water
- [ ] 1 tbsp baking soda
- [ ] 1 tsp lemon juice (optional)

Finishing

- [ ] 2 tbsp melted butter
- [ ] 1 tbsp coarse sea salt

Instructions

1. In a mixing bowl, combine flour, yeast, and salt; add honey and warm water, then stir until a shaggy dough forms.
2. Knead the dough on a lightly floured surface for about 5-7 minutes, until smooth and elastic. I remember the dough feeling soft and a little sticky—just the way I like it.
3. Cover the bowl with a clean towel and let the dough rise in a warm spot for 45 minutes, until doubled in size.
4. Punch down the dough, then divide it into small pieces and roll each into a ½-inch ball.
5. Bring water, baking soda, and lemon juice to a boil; drop the balls in batches for 30 seconds, then remove with a slotted spoon.
6. Place the boiled bites on a parchment sheet, brush with melted butter, sprinkle sea salt, and bake at 425°F for 12-15 minutes, until golden.

Nutrition per serving

210 kcal	6 g	30 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter bite, add a pinch of sugar to the dough.
- For extra crunch, broil for 1-2 minutes at the end of baking.
- These pretzel bites pair wonderfully with ham and cheese sliders for a hearty snack.