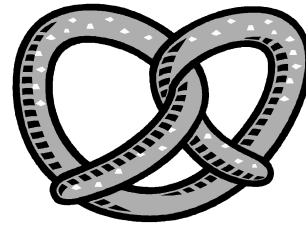


Cheesy Pretzels

- 1 and ½ cups all-purpose flour
 - 2 tsp. baking powder
 - 1 tsp. sugar
 - ¼ -tsp. salt
 - 2/3 cup milk
 - ½ cup shredded Cheddar cheese
 - 2 Tbl. butter or margarine, softened
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- 1 egg
 - coarse salt (to sprinkle on top)



DAY 1

1. Grease a cookie sheet with nonstick cooking spray.
 2. Measure the dry ingredients into a medium bowl and stir with a cooking spoon to mix well.
 3. Using a pastry blender, **cut in** the butter until mixture is crumbly.
 4. Stir in the grated cheese.
 5. Make a well in the center and add milk all at once. Stir until dry ingredients are moistened.
 6. Gather the dough into a ball. On a lightly floured surface, knead the dough about ten times.
 7. Gently roll dough into a rectangle about ¼-inch thick. With a pizza cutter cut into **narrow** strips.
 8. Shape each strip into a pretzel shape and place on cookie sheet. Cover with foil, label and refrigerate overnight.
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DAY 2

1. Preheat oven to 425°.
2. In a custard cup, beat the egg with a fork. Brush each pretzel with beaten egg and sprinkle with coarse salt.
3. Bake 15-20 minutes until golden brown.

1 Serving: Calories 80 (Calories from Fat 25); Total Fat 3 g (Saturated Fat 2 g); Cholesterol 20 mg; Sodium 1280 mg; Total Carbohydrate 10 g (Dietary Fiber 0g); Protein 3 g % **Daily Value:** Vitamin A 2 %; Vitamin C 0%; Calcium 6 %; Iron 4 %
Exchanges: 1 Starch