

Chocolate Pretzel Wands Recipe

Ingredients:

- 1 ½ cups Milk
- 2 ½ tbsp Fresh Yeast or 2 tsp Dry Yeast
- 1 ½ cups Spelt Flour
- 4-5 tbsp Sugar
- 4-5 tbsp Ground Pumpkin Seeds or Pistachios
- ½ tsp Salt
- 4 tbsp Cocoa Powder
- 1 Egg
- Sprinkles

Tip: Be creative and try out different toppings like popcorn, gummy bears or your favorite candy.



Steps:

1. Heat ¼ cups milk, mix with 2 ½ tbsp fresh or 2 tsp dry yeast. Stir and let it rest for 15 min.
2. For the light dough, mix 1 ½ cups spelt flour, 4-5 tbsp sugar, 4-5 tbsp ground pumpkin seeds or pistachios and ½ tsp salt in a bowl.
3. Put half of the prepared milk in the bowl and knead.
4. For the dark dough, repeat step 2, add 4 tbsp cocoa powder and the rest of the milk.
5. Cover the bowls and let the doughs rest for at least 30 min.
6. Preheat the oven. Then divide the doughs into small portions and form them into wands.
7. Brush the wands with whisked egg and bake for 15 min (185°C, fan oven).
8. After cooling, you can dip the wands into chocolate and put some sweet sprinkles on them.