



The perfect opportunity for your autistic kiddo to practice a number of skills, such as fine motor skills, following directions, and patience.



INGREDIENTS:

- 1 1/4 cup water
- 4 tsp dry active yeast
- 1 tsp sugar (for yeast)
- 5 cups flour
- 1/2 cup sugar (for dough)
- 1 tsp salt
- 1 tbsp oil
- 1/2 cup baking soda
- 5 cups water
- Sea salt for topping (optional)

Homemade Pretzel Bites

HOW TO MAKE:

1. Add 1 and 1/4 cup of warm water to a bowl, be sure to warm the water to the temperature on your yeast instructions. Mix in your teaspoon of sugar and yeast. Let it rest for about 10 minutes.
2. Add flour, sugar, and salt to a large bowl. Mix and then slowly add your yeast mixture along with your oil. If your dough seems too dry, add more water. Your dough may need as much as 1/2 cup more of water, but add it gradually.
3. Once the dough is at a good consistency, help your kiddo knead the dough for about 10 minutes.
4. Add your dough to a lightly oiled bowl and cover it. Let it rest for 1 hour.
5. Preheat your oven to 400 degrees and prepare a baking sheet with parchment paper.
6. In a medium bowl, add 5 cups of hot water and your baking soda. Give it a mix and set it aside.
7. Place your dough on a floured surface and divide the dough into 12 equal parts. Starting with one of your pieces, roll it into a rope and cut it into 1-inch bites. Repeat with your remaining pieces of dough.
8. Dip each of your dough bites into your water mixture and place onto your baking sheet. Be sure the water is not too hot if your kiddo is helping with this step.
9. Sprinkle your dough with the topping of your choice, like salt or cinnamon sugar. Then, bake in the oven for 8 minutes until they have begun to brown.