

# Carroty Soft Pretzel Bites + Crazy Carrot Cheese Dip + Lucky Lemon "Soda"



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## carroty soft pretzel bites

### dissolve + combine

Dissolve **1 package (or 1 Tbsp) active dry yeast** in **1 ½ cups lukewarm water** for 3 minutes. Then have kids add in **3 tsp honey or sugar**, **1 tsp salt** and **4 cups flour**.

### mix + rise

Mix the dough together and set to the side to rise for a bit...the longer it sits, the better!

### grate + separate

Have kids grate **2 carrots**, one for the pretzel bites and one for the cheese dip. Separate grated carrots into two equal piles. Make carrot cheese dip (recipe below) while waiting for the dough to rise.

### preheat + knead

Preheat your oven to 425 degrees and line a baking sheet with parchment paper. When the dough is ready, add half of the **grated carrot** to the dough and take turns with your kids kneading the dough by hand for 5-10 minutes. Add **flour** as needed to reduce stickiness. Divide the dough into about 12 sections and have your kids roll it out into long skinny snakes, ropes, or worms. As your children work with the dough, it will be stickier - keep adding flour as needed.

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## crack + brush + sprinkle

Have a kid crack **one egg** and beat it in a small bowl. Once the long dough snakes/ropes/worms have been rolled out, invite your kids to brush the dough with the beaten egg using a pastry brush to make the pretzels shiny when they bake! Have kids sprinkle the top of the egg washed dough with *just a little* **kosher salt**.

## shape + bake + dip

Have your kids shape their snakes/ropes/worms into a fun shape on the lined baking sheet. The shape doesn't matter - the pretzels will taste delicious no matter how they look! Slide the tray into the oven and bake for 8-10 minutes until golden brown. Dip pretzels into the crazy carrot cheese dip, drink with Italian soda, and enjoy!

### crazy carrot cheese dip

## grate + combine + cook

Have your kids grate **4 ounces sharp cheddar cheese** (makes about 1 cup grated). In a medium non-stick skillet on your stovetop, combine reserved half of the **grated carrot**, **1 tsp lemon juice**, **1 tsp water**, **a drizzle of honey**, and a **big pinch of salt**. Cook the carrots over medium heat until soft, about 3-5 minutes, and then let the carrots sit to cool a bit.

## measure + mash

Have kids measure **1 tsp lemon juice**, **¼ tsp kosher salt**, **3 big pinches black pepper**, **1/8 cup Greek yogurt or Mayonnaise**, and **¼ tsp honey** and combine in a bowl with the cooked and cooled carrots and the grated cheese. Have kids toss and mash until the cheese and carrots come together into a dip and serve with the pretzels. Delicious!!!

### honey bee mustard dipping sauce

## measure + whisk

Have kids measure **½ cup mayonnaise**, **3 Tbs prepared yellow mustard**, **2 Tbs honey**, **½ Tbs lemon juice** into a small bowl. Whisk everything together. Dip your warm pretzels in and enjoy!

Does your child have a dairy allergy? Try this dairy free dipping sauce!

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## squeeze + stir

Kids squeeze the **juice of 2 lemons** into a pitcher and remove any seeds. Add **2-4 Tbs honey, sugar, or powdered sugar** (or 2-3 packs of stevia) and mix well. Top with **1 large bottle of sparkling water** and **ice** and stir. Taste and add more sweetener if needed!

### shopping list

#### Carrotty Soft Pretzel Bites

- |                                                                     |                                                            |
|---------------------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 1 package (1 Tbsp) <b>active dry yeast</b> | <input type="checkbox"/> 4 cups <b>flour</b>               |
| <input type="checkbox"/> 1½ cups <b>lukewarm water</b>              | <input type="checkbox"/> 1 <b>egg</b> , beaten             |
| <input type="checkbox"/> 1 tsp <b>salt</b>                          | <input type="checkbox"/> 1 small <b>carrot</b>             |
| <input type="checkbox"/> 3 tsp <b>honey or sugar</b>                | <input type="checkbox"/> <b>kosher salt</b> for sprinkling |

#### Crazy Carrot Cheese Dip

- |                                                                                 |                                                                                                        |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 4 ounces <b>sharp cheddar cheese</b>                   | <input type="checkbox"/> 1 tsp <b>lemon juice</b> (+ extra to cook the carrots)                        |
| <input type="checkbox"/> 1 small <b>carrot</b>                                  | <input type="checkbox"/> 2 Tbs <b>greek yogurt or mayonnaise</b> (sub <i>Vegeaise</i> for egg allergy) |
| <input type="checkbox"/> ¼ tsp <b>kosher salt</b> (+ extra to cook the carrots) | <input type="checkbox"/> ¼ tsp <b>honey</b> (+ extra to cook the carrots)                              |
| <input type="checkbox"/> 3 big pinches <b>black pepper</b>                      |                                                                                                        |

#### Honey Bee Mustard Dipping Sauce

- |                                                               |                                                     |
|---------------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> 1/2 cup <b>mayonnaise</b>            | <input type="checkbox"/> 2 Tbs <b>honey</b>         |
| <input type="checkbox"/> 3 Tbs <b>prepared yellow mustard</b> | <input type="checkbox"/> 1/2 Tbs <b>lemon juice</b> |

#### Italian Soda

- |                                                                |                                                                          |
|----------------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> 2 <b>lemons</b>                       | <input type="checkbox"/> 2 -4 Tbs <b>honey, sugar, or powdered sugar</b> |
| <input type="checkbox"/> 1 large bottle <b>sparkling water</b> | <input type="checkbox"/> <b>ice</b>                                      |

## fun food facts:

### History of Pretzels!

The world can thank a frustrated teacher with leftover bread dough for the invention of the soft pretzel. In **the year 610**, while baking bread, **an Italian monk decided to create a treat** to motivate his distracted students in religious classes. He rolled out ropes of dough, twisted them to resemble **hands crossed on the chest in prayer**, and baked them. Then monk called his snacks *pretiola*, Latin for “**little reward**”. Parents who tasted their children’s classroom treats referred to them as *brachiola*, or “**little arms**”. When prettily arrived in Germany they were called *bretzel*.

### The surprise ingredient of the week is: Carrots!

- ★ The wild carrot dates back to **Ancient Egypt**, where drawings were found in Egyptian temples. Most historians believe carrots became cultivated in the 10th century in **Afghanistan**. At this time carrots were **purple** and **yellow**. At this time, there were other wild varieties growing abundantly across the world that were **white, black** and **red**.
- ★ How did carrots become orange? It is believed that **the carrot turned orange in the 17th century**, when farmers in the **Netherlands** began growing orange carrots as **a tribute to William of Orange**, the leader of Dutch independence. These farmers made the orange carrots by **cross breeding** a yellow carrot with a red and purple carrot.
- ★ The carrot is a member of the **parsley family**, which includes **celery, parsnip, fennel, dill**, and **coriander**.
- ★ Carrots were **first grown as a medicine**, not a food.
- ★ It is actually possible to **turn your skin a shade of orange** by massively overeating orange carrots!
- ★ Carrots have the highest content of **beta-carotene** (which becomes vitamin A in our bodies) of all vegetables.
- ★ There is as much **calcium** in 9 carrots as there is in a glass of whole milk!
- ★ Carrots used to be used as a **fashion accessory in England**. Ladies would often use carrot tops to decorate their hats!

### Time for a laugh!

**What’s a vegetable’s favorite martial art?** Carrotee (karate)!

**Knock knock. Who’s there? Carrot! Carrot who? Don’t you carrot all about me? OPEN UP!**

**What is a pretzel’s favorite dance?** The Twist!

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