

National Network For Child Care (nccc.org)

HOT CHEESE FUNNIES

Making sesame seed-covered pretzels shaped like letters or numerals can be especially exciting. Inexpensive ingredients provide a tactile experience as children work with the soft, rubbery dough. A step saver is to start with frozen yeast dough.

- 1 package dry yeast
- 1 1/2 c. warm water (105 to 115°F)
- 3 1/2 c. flour
- 1 c. grated cheese, preferably lowfat
- 1 egg
- Sesame seeds

Dissolve yeast in water; stir in flour and cheese.

Knead dough until smooth.

Add more flour, a teaspoon at a time, if it's too sticky.

Break off walnut-sized pieces and roll into 12-inch long ropes.

Twist into pretzel shapes.

Let children make their own and place on an ungreased cookie sheet.

Brush with beaten egg and roll in sesame seeds.

Bake at 425 degrees for 15 or 20 minutes.