



## The Birkett Mills Recipes

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### Appetizers: Buckwheat Pretzels

A home-made snack everyone will love.

**Serves: 12-16**

#### Ingredients

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3 1/2 cups all purpose flour  
2/3 cup buckwheat flour (light or whole)  
2 tsp. salt  
2 eggs  
1 cup milk  
1 egg white  
Slightly beaten sesame seeds, poppy seeds and/or coarse salt

#### Directions

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In large bowl, mix two flours and salt. Add eggs and milk; blend to form a medium soft dough.

Knead dough on a floured board for a few minutes. Place dough into a sealed container or zipper-top plastic bag; let rest for about 20 minutes.

Cut dough into 12 or 16 pieces, depending upon pretzel size you prefer. Roll each piece into a rope and twist into desired shape. Place pretzels on a lightly oiled baking sheet; brush with egg white. Sprinkle with salt, sesame or poppy seeds.

Bake at 425 degrees for 15-20 minutes. Serve warm.

#### Buckwheat Pretzels

