



ROSEMARY PRETZELS WITH CARDAMOM SYRUP

Ingredients



- ½ package active dry yeast
- 200ml water
- 2 tablespoons oil
- 250g all-purpose flour
- 1 teaspoon sea salt
- 2 tablespoons baking powder
- 1 tsp dry rosemary
- 1/2 tsp ground cardamom
- 100g liquid sweetener i.e. agave syrup

Method



Put ¼ cup warm water and yeast into a bowl and stir until yeast dissolves. Add the oil, flour, salt, baking soda and ¾ cups of water and mix well for 5 minutes. Add the rosemary. Then cover the bowl and let it rise in a warm place for 60 minutes.



Heat the oven to 220 degrees. Prepare a tray with parchment paper. Cut the dough into 6 pieces and roll each out into a rope. Twist the rope to form a pretzel. Brush each pretzel with some oil. Bake for 14 minutes or until golden.



In the meantime ground the cardamom finely and mix with the liquid sweetener.



Let the pretzels cool down a little, then sprinkle cardamom syrup over or enjoy dipping them into the syrup directly.

