



## HONEY MUSTARD & ONION PRETZEL BITES

August 5

National Mustard Day

### INGREDIENTS

- 16 Ounces Sourdough Hard Pretzels (enriched or whole grain-rich)
- 2/3 Cup Vegetable Oil
- 4 Tablespoons Honey
- 3 Tablespoons Yellow Mustard
- 2 Teaspoons Onion Powder

### DIRECTIONS

1. Preheat oven to 275° and line a large baking sheet with silicone baking mats or parchment paper.
2. In a large bowl, whisk together vegetable oil, honey, yellow mustard, and onion powder.
3. Smash the sourdough hard pretzels against your counter-top into bite-size pieces.
4. Pour the pretzels into the mixture and toss well to coat every piece.
5. Pour the pretzels onto the baking sheet and spread them out in an even layer.
6. Bake for 30 minutes, tossing/turning the pieces halfway through baking.
7. Remove from oven, let cool, then store in an airtight container.

### MEAL PATTERN CONTRIBUTION



### MEAL TYPE



### YIELD

16 Ounces  
(About 9½ Cups)

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce