



Did you know? The typical pretzel twist is a model of the common prayer position from the early 600s of folding your arms over each other on your chest and putting your hands on your shoulders.

Pretzels were developed as an option to satisfy abstinence and fasting laws of the time. Eggs, fat, and milk were forbidden during Lent. So, the remaining ingredients that one could use included water, flour, and salt. A young monk baked the first pretzel — making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day and baking it as soft bread.

The suggestion of arms crossed in the form of prayer may have led to pretzels being given as a reward to young children when they could recite their prayers. Pretiola means “little reward.” The three holes in a pretzel are also said to represent the Holy Trinity.

Pretzels to remind us of arms crossed in prayer...

A Lenten treat for us to share.

