

LENTEN PRETZELS

March 12, 2020



Did you know that pretzels are a traditional food during the season of Lent? One reason is that pretzels are shaped like two arms crossed in prayer. (Instead of folding their hands as we often do now, early Christians crossed their arms over their chests when they prayed.)

Follow this [simple recipe](#) to bake your own batch of Lenten pretzels. Let them be a reminder to talk with God each day.