

# Olive Oil Rosemary Salted: Gorgeous Gluten Free Soft Pretzels

I'm sorry. I did that thing again. The thing where I made something so delicious, you decided you'd rather move in with me than try to make all this food on your own. I get it. I used to be that person too. While I have contemplated the pros and cons of having a huge piece of land my friends can all live on, for now you'll have to look at these pictures long enough to convince yourself to make them.



Pretzels are incredible. I have yet to meet anyone who doesn't like them. If that's you, maybe just don't tell me. I'm not sure I could handle that.



Having fun trying out various sizes!

Back in the day I worked at the gift shop in the mall. The pretzel place was the closest to me so naturally when on my breaks, I frequented it. I might also add that I was just over 300lbs at the time... [If you didn't know that part of my story, you can read about it here.](#)

Needless to say I generally stay away from pretzels because I love them too much. Until this recipe happened. Gluten free pretzels that only use coconut sugar. They're dairy free too!



# The Pretzel Process

Begin with by mixing the warm water and yeast. Then add in the dough mixture. Cover and let rise for 60-70 minutes.

Roll out the dough onto parchment paper. I sprinkled my parchment paper with brown rice flour to keep the dough from





sticking.







Transfer the pretzels from the paper to the hot water bath. They only need to be in the water for 3-5 seconds, not much.



Olive oil is the key for these savory pretzels. Most recipes finish with a butter glaze, but I wanted a different zing-zing flavor. [I used Buckeye Creek Farm Olive Oil for this recipe.](#) Brush the olive oil on the tops of the pretzels. Sprinkle the rosemary and kosher salt on top. Bake for 18-20 minutes.

One batch can make 12 medium pretzels, or 6 large pretzels.



Dip them in your favorite sauce and enjoy!

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